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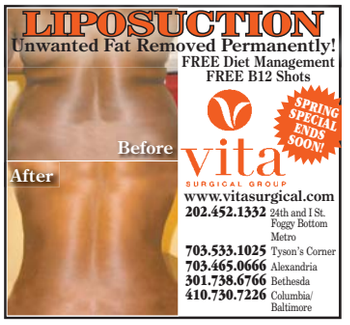

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Tuesday

WALLY MCNAMEE/TWP/FILE

Ex-defense chief Robert McNamara, left, died at 93.

War Architect: Vietnam planner McNamara dies | 4

Trip Gone Wrong: Barry says stalking charge is false | 11

Hip-Hop to It: Celebrity trainer Mark Jenkins does D.C. | FIT

lookout

Teen Drama: TV's '10 Things I Hate About You' has lovable qualities. Plus, Guillermo del Toro is fully booked.

>> 25-35

Ethnic Tensions Boil Over as 156 Die in China

PETER PARKS/AFP/GETTY IMAGES

TRAIL OF VIOLENCE: A boy runs in front of a ravaged car in Urumqi in China's far-western Xinjiang province on Monday. Clashes between the minority Uighur people and the ethnic Han Chinese led to 156 deaths in one of China's bloodiest days in decades. ✣ **Crackdown:** Security takes control | Page 9

Social Security Code Cracked

Researchers say many of the 9 digits in ID can be guessed

Researchers have found that it is possible to guess many — if not all — of the nine digits in a person's Social Security number using publicly available information, a finding they say compromises the security of one of the most widely used consumer identifiers in the United States.

Many numbers could be guessed at by simply knowing a person's birth data, the researchers from Carnegie Mellon University said of their study. The results come as concern grows over identity theft and lawmakers in Washington push legislation that would bar businesses from requiring people to supply their Social Security number when purchasing a good or service.

"Our work shows that Social Security numbers are compromised as authentication devices, because if they are predictable from public data, then they cannot be considered sensitive," said Alessandro Acquisti, assistant professor of information technology and public policy at Carnegie Mellon University, and a co-author of the study.

Social Security Administration spokesman Mark Lassiter said the government has long cautioned the private sector against using a Social Security number as a personal identifier, even as it insists "there is no foolproof method for predicting a person's Social Security number."

BRIAN KREBS (THE WASHINGTON POST)

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TUESDAY 86|66 WEDNESDAY 86|64

eyeopeners

AIRCRAFT ENGINEERS

Don't Leave Home Without One

Airline passengers on a flight from Menorca, Spain, to Glasgow, Scotland, told to expect an eight-hour wait turned out to have the solution right on board. After the delay was announced — the engineer needed was at least eight hours away — a passenger identified himself as a qualified aircraft engineer and offered to fix the plane, BBC News reported. The repaired Boeing 757-200 landed just 35 minutes late. (EXPRESS)

CASH

Pickpocket Should Learn to Use ATM

A tree-care supervisor in New York City's Central Park found a wallet pickpocketed 27 years ago in a dying cherry tree. It was near where Ruth Bendik had hers swiped while she watched the New York City Marathon in 1982. Tracked down by police, the 69-year-old Upper East Side resident says the only thing missing was $20 in cash. (AP)

SILVIA IZQUIERDO/AP

NIGHTMARES

Mr. Sandman, Don't Bring Me a Dream

Brazilian artist Ubiratan da Concepcao displays his sand sculpture of Michael Jackson at Copacabana Beach in Rio de Janeiro on Monday. Oddly, this is not the only such tribute — there's at least one other sand-sculpted Jackson, in Puri, India. Expect even weirder homages as today's memorial service looms. (EXPRESS)

PROFANITY

"I got seven [expletive] cows out, maybe going to the [expletive] highway! And you need to let everybody know that there are loose cows out there!"

— **TAMMY NUTTELMAN** OF JUNEAU, WIS., TO 911 DISPATCHERS, REGARDING HER ESCAPED COWS. SHE WAS CITED FOR MISUSE OF 911.

EASILY CONFUSED

Fake Woman Lures Real Men

The owner of a Reading, Ohio, restaurant is appealing an order to put more clothes on a mannequin outside his door. Kenny Tessel says the figure has boosted his business 40 percent. But officials objected to her skimpy attire. Tessel won a ruling in May that allowed the mannequin to stay, if dressed more modestly. He said he would appeal the cover-up order Monday. More than 800 customers have signed a petition asking the city to leave the mannequin alone. Tessel says at least 500 of them are new customers drawn by his curvaceous mascot. (AP)

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Nation

In Brief

ALAN DIAZ/AP

A cone marks a shell casing at the scene of the shooting in Miami Monday.

MIAMI

Gunmen Storm Birthday Bash, Wounding 12 People

As many as three gunmen stormed a birthday party in Miami and opened fire early Monday, shooting 12 people and causing a chaotic scramble as people tried to flee, authorities said. Three of the wounded were hospitalized in critical condition, police spokesman Detective William Moreno said. The gunmen opened fire with automatic weapons around 12:45 a.m., police said. (AP)

ORLANDO, FLA.

Witness: Disney Monorail Trains Crashed Head-On

A witness to the monorail accident that killed a train operator at Walt Disney World over the weekend described it as "a head-on collision" between two trains in a 911 call released Monday. The accident occurred as the park resort was closing early Sunday. Disney employee Austin Wuennenberg, 21, died of traumatic injuries. (AP)

MIAMI

Police: Teen in Cat Case Fits Profile of a Sociopath

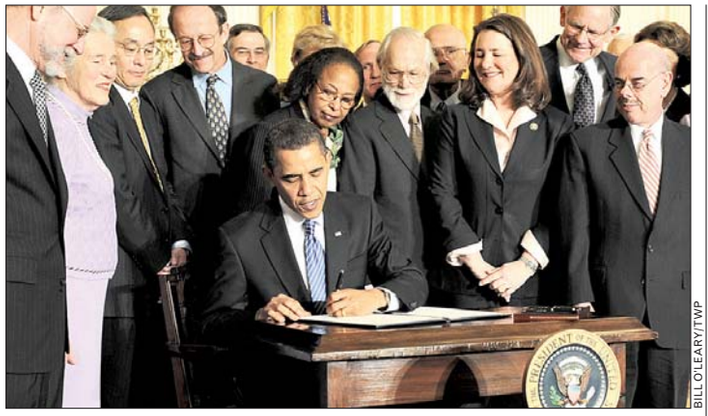
A South Florida teenager accused of killing more than a dozen cats fits the profile of a sociopath and responded with laughter when police first spoke to him about the cat deaths, a detective said in an affidavit released Monday. Police believe Tyler Hayes Weinman, 18, was behind the deaths of at least 19 cats whose mutilated bodies were discovered by their owners. (AP)

Government Sets Stem Cell Rules

NIH to create a list of embryonic samples that are OK to study

WASHINGTON | The government issued final rules Monday expanding taxpayer-funded research using embryonic stem cells, easing scientists' fears that some of the oldest batches might not qualify and promising a master list of all that do.

President Obama lifted previous restrictions on the field in March but left it to the National Institutes of Health to decide just what stem cell research was ethically appropriate: only science that uses cells culled from leftover fertility clinic embryos — ones that otherwise would be thrown away — the agency made clear in draft guidelines.



BILL O'LEARY/TWP

President Obama signs an executive order on stem cell research on March 9.

But the final rules issued Monday settle a big question: Would new ethics requirements disqualify many of the stem cells created over the past decade, even the few funded under the Bush administration's tight limits?

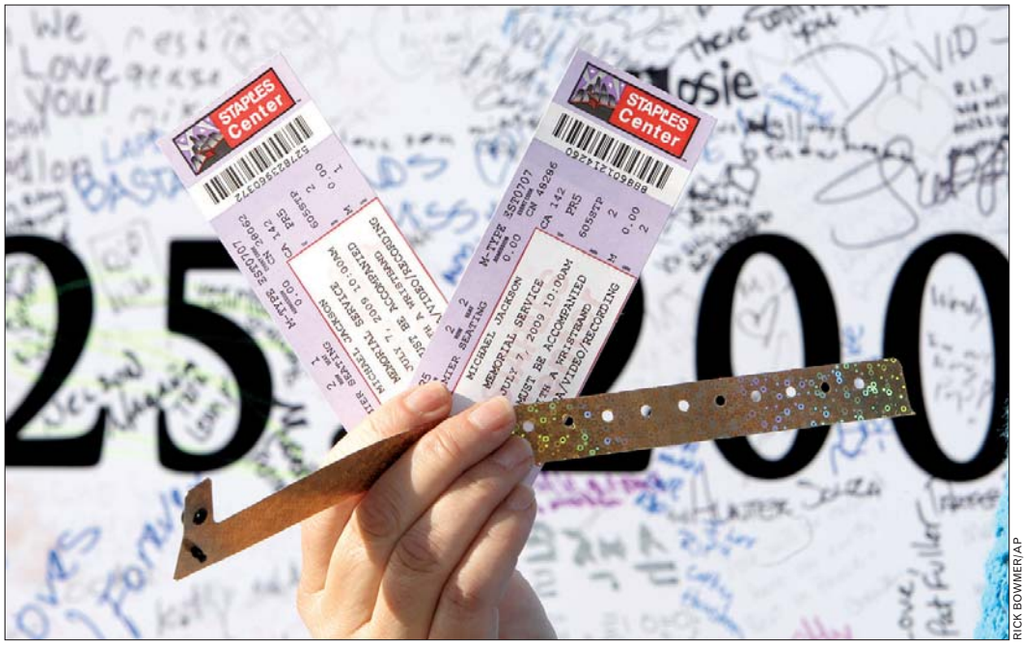
The NIH came up with a compromise, saying it deems those old stem cell lines eligible for government research dollars if scientists can prove they met the spirit of the new ethics standards. Further, NIH will create a registry of qualified stem cells so scientists don't have to second-guess whether they're applying to use the right ones.

"We think this is a reasonable compromise to achieve the president's goal of both advancing science while maintaining rigorous ethical standards," acting NIH Director Raynard Kington said Monday. "We believe that judgment is necessary."

He wouldn't speculate on how many old stem cells would qualify.

LAURAN NEERGAARD (AP)

LOS ANGELES | THE KING'S CURTAIN CALL



RICK BOWMER/AP

SHE'LL BE THERE: Janice Jacobs of Camarillo, Calif., holds her tickets to the memorial service for Michael Jackson that will be held Tuesday at the Staples Center. More than 1.6 million people registered to win the free tickets, and only 8,750 names were chosen. Los Angeles officials are concerned about other fans clogging city streets during the event.

N.Y. Lawmaker Calls Jackson 'Pervert' in Video

NEW YORK | A New York congressman who is considering a Senate run posted a YouTube video calling Michael Jackson a "pervert" and questioning the exhaustive media coverage of his death.

King

Rep. Peter King, a Republican, said in the video posted Sunday that society is glorifying a "low-life."

"This guy was a pervert," King said in the video. "And to be giving this much coverage to him, day in and day out, what does it say about us as a country?"

A jury acquitted Jackson in 2005 of charges that he molested a 13-year-old cancer survivor. (AP)

PRANKS **Grandma Needs an Unlisted Number** A 21-year-old woman in Cambridge, Minn., is facing felony charges after allegedly prank-calling her 69-year-old grandmother 45 times in one day, threatening to kill her. The woman faces five felony counts including harassment. A criminal complaint said she told police she was "bored" and "wanted to have some fun." The woman and a friend, also facing charges, allegedly called the older woman on Feb. 5 and said, "I'm gonna kill you," "You're going to die" and "I'm watching you." (AP)

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Nation

Vietnam War Planner Dies

McNamara's life was defined by battle he later called a mistake

WASHINGTON | Robert S. McNamara, the brainy Pentagon chief who directed the escalation of the Vietnam War despite private doubts the war was winnable, died Monday at 93.

McNamara revealed his misgivings three decades after the American defeat that some called "McNamara's war."

"We of the Kennedy and Johnson administrations acted according to what we thought were the principles and traditions of our country. But we were wrong. We were terribly wrong," he said in 1995.

McNamara died at 5:30 a.m. at his home in Washington, his wife, Diana, told the AP. She said he had been in failing health for some time.

Lawyerly and a student of statistical analysis, McNamara was recruited to run the Pentagon by President John F. Kennedy in 1961 from the Ford Motor Co.

He stayed in the defense post for seven years, longer than anyone else since the job's creation in 1947. He left on the verge of a nervous breakdown and became president of the World Bank. In the new post, he threw himself into the intricacies of international development and argued that improving lives was a more promising path to peace than arms and armies.

McNamara was a distinctive figure, with frameless glasses and slicked-back hair. Anti-war critics ridiculed him as an out-of-touch technocrat.

Reticent, McNamara long resisted offers to give a detailed accounting of his role in Vietnam. His eventual mea culpa won him admiration from some former opponents of the war. Others said it was not enough.

Ted Sorensen, a speechwriter and adviser who worked with McNamara, said the criticism missed the mark.

"Most military chieftains ... don't admit error, ever," Sorensen said. "At least Bob had the courage and commitment to truth to put out that he was wrong and why it was wrong so that we could all learn the lessons from that."

ANNE GEARAN (AP)

CECIL STOUGHTON/JFK LIBRARY/AP

Then-Secretary of Defense Robert S. McNamara views military demonstrations at Fort Bragg, N.C., on Oct. 12, 1961. McNamara died early Monday at the age of 93.

SURPRISES **'Wait — This Isn't a Kitten!'** **Authorities in Sarasota, Fla., arrested two people Thursday connected to the theft of a baby skunk from a pet store. The Sarasota County Sheriff's Office reported that the skunk — valued at $400 — was stolen Wednesday. Deputies said they arrested a 21-year-old man when he tried to return the skunk.** (AP)

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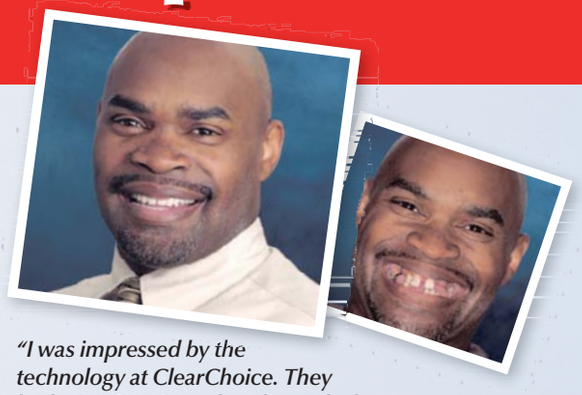

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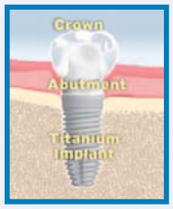

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Nation

LISA POOLE/AP POOL

Kristen LaBrie, who is accused of withholding cancer treatment from her autistic son, appears on Monday before her arraignment in superior court in Salem, Mass.

Mom Goes on Trial Over Medications

Woman allegedly kept treatments from son; 9-year-old later died

SALEM, MASS. | A woman accused of withholding cancer treatment from her autistic son by not filling prescriptions and misleading his doctors pleaded not guilty Monday to an attempted-murder charge in the 9-year-old boy's death.

A prosecutor outlined the allegations against Kristen LaBrie but offered no details about her alleged motive in repeatedly failing to follow doctors' instructions in how to care for her son, Jeremy Fraser.

The boy's father, Eric Fraser, said he did not know of any religious beliefs or any other reason his ex-wife would withhold treatment.

LaBrie shook her head as Assistant District Attorney Kate MacDougall said she repeatedly failed to fill prescriptions for her son and deceived his doctors into believing she was giving him the medications he needed to save his life. The boy died in March.

As a young child, Jeremy Fraser had been diagnosed with a serious form of autism. In October 2006, he was diagnosed with non-Hodgkin's lymphoma, MacDougall said. The boy was given large doses of chemotherapy in the hospital and his cancer went into remission.

His mother was given prescriptions for medications he was to be given at home. MacDougall said LaBrie repeatedly failed to pick up prescriptions but led doctors to believe they were being filled, at one point asking for a liquid version of the medication because her son was having trouble swallowing pills. DENISE LAVOIE (AP)

TRASH **This Dump Called Home** A father and son in Mastic Beach, N.Y., are facing almost $20,000 in fees and fines after New York authorities said they removed about 42 tons of trash from their property. (AP)

World

JIM WATSON/AFP/GETTY IMAGES

President Obama, left, and Russian President Dmitry Medvedev discuss a plan to reduce both countries' nuclear arms during a press conference in Moscow on Monday.

U.S., Russia Pledge Nuclear Cuts

Presidents announce agreement to reduce stockpiles by a third

MOSCOW | Presidents Obama and Dmitry Medvedev confidently committed to a year-end deal to slash nuclear stockpiles by about a third on Monday, but the U.S. leader failed to crack stubborn Kremlin objections to America's missile defense plans — a major stumbling block to such a deal.

Both men renewed pledges to pull U.S.-Russian relations out of the dismal state into which they had descended during the eight years of the Bush administration. And to that end, they signed a series of agreements and joint statements designed to enliven and quicken contacts on a broad range of issues — including cooperation on Afghanistan, a key Obama foreign policy objective.

Obama said the leaders both felt relations had "suffered from a sense of drift. President Medvedev and I are committed to leaving behind the suspicion and rivalry of the past."

His host expressed similar good will. "This is the first but very important step in improving full-scale cooperation between our two countries, which would go to the benefit of both states," the Russian leader said. But he injected a note of caution, saying discussions so far "cannot remove the burden of all the problems."

There was no statement of Russian readiness to help the U.S. persuade Iran to abandon its nuclear ambitions, even though Obama's top Russia adviser, Michael McFaul, told reporters that Iran dominated the two leaders' private meeting.

Obama sits down on Tuesday with Medvedev's patron and predecessor as president, Prime Minister Vladimir Putin, the target of a verbal poke from the U.S. president last Friday. In a pre-summit interview with The Associated Press, Obama said Putin still had one foot in the old, Cold War way of doing things. STEVEN R. HURST (AP)

Zelaya Supporters Widen Strategy

Ousted Honduran leader travels to U.S. for talks with Clinton

TEGUCIGALPA, HONDURAS | Supporters of ousted President Manuel Zelaya vowed Monday to widen protests and block trade nationwide as the deposed leader headed to Washington for a meeting with Secretary of State Hillary Clinton.

Thousands of Zelaya supporters have demonstrated since his overthrow eight days ago, including 2,000 who rallied peacefully Monday near the presidential palace. Anger increased after the death of a teenager shot by soldiers Sunday as a crowd tried to break through an airport fence where a plane carrying Zelaya was prevented from landing.

"We're going to change strategies," said organizer Rafael Alegria, 57. Alegria said they planned to take their fight nationwide by blocking highways and border crossings in an effort to impede trucks carrying fuel and merchandise.

ESTEBAN FELIX/AP

A supporter of ousted Honduran President Manuel Zelaya protests Monday.

Clinton was to meet Tuesday with Zelaya as the Obama administration weighs responses to his ouster. The talks would be the administration's highest-level contact with Zelaya since his removal from office.

Zelaya got as close as several hundred feet above Tegucigalpa Sunday in his effort to return, but the Venezuelan pilots of his plane — on loan from President Hugo Chavez — decided not to risk a crash after circling the airport.

Zelaya finally landed in Nicaragua after a late-night news conference in El Salvador. WILL WEISSERT (AP)

$1B **THE APPROXIMATE AMOUNT OF MONEY** the United Nations may need this year to help poor countries fight the global swine flu epidemic, Secretary-General Ban Ki-moon said Monday. Ban said the money is needed to ensure that poor countries get some vaccine doses and antivirals if the global epidemic continues to spread. But he could not provide exact details on how the $1 billion would be spent. (AP)

In Brief

SEOUL, SOUTH KOREA

U.S. Naval Chief Lauds N. Korean Ship Surveillance

The impending return home of a North Korean ship suspected of possibly carrying illicit cargo shows that efforts are working to enforce U.N. sanctions imposed against the country after its nuclear and missile tests, the chief of U.S. Naval operations said Monday. The cargo vessel Kang Nam 1 left port last month, thought to be destined for Myanmar. It suddenly turned back on June 28. (AP)

ANUPAM NATH/AP

A woman wades through floodwater to collect drinking water in Gauhati, India.

GAUHATI, INDIA

Floods Leave 500K People Homeless in Northeast

Floodwaters have inundated scores of villages in India's northeast, leaving nearly 500,000 people homeless, an official said Monday. At least one person has died in the floods, a 55-year-old man who drowned when his boat capsized in Assam state, said Mantu Thakuria, a police officer. It was the first death reported in the state since the rains began last Wednesday. (AP)

YANGON, MYANMAR

Junta Stage-Manages U.N. Secretary-General's Visit

On a two-day visit to Myanmar, United Nations Secretary-General Ban Ki-moon's only victory was making a rock-star entrance at a drug museum — entering through the front door instead of the back, as the ruling junta had wanted. Ban lost far bigger battles, however, including a meeting with jailed democracy leader Aung San Suu Kyi. The junta had tried to stage-manage Ban's every step. (AP)

World

Afghan Attacks Kill 7 U.S. Troops

Bombs, bullets lead to deadliest day for Americans in a year

KABUL | Bombs and bullets killed seven American troops on Monday, the deadliest day for U.S. forces in Afghanistan in nearly a year — and a sign that the war being fought in the Taliban heartland of the south and east could now be expanding north.

Separately, Taliban militants claimed on a militant Web site that they were holding an American soldier who the U.S. military says insurgents might have captured last week. The Taliban statement, however, did not include any proof, such as a picture or the soldier's name.

DAVID GUTTENFELDER/AP

U.S. Marines rest during a patrol in Afghanistan's Helmand province on Monday. Seven American troops were killed in three separate attacks across Afghanistan.

Four of the deaths Monday came in an attack on a team of U.S. military trainers in the relatively peaceful north, bringing into focus the question of whether the U.S. is committing enough troops to secure a country larger than Iraq.

On a visit to Moscow, President Obama said it's too soon to measure the success of his new strategy in Afghanistan. He said the U.S. can take another look at the situation after the country's presidential elections on Aug. 20.

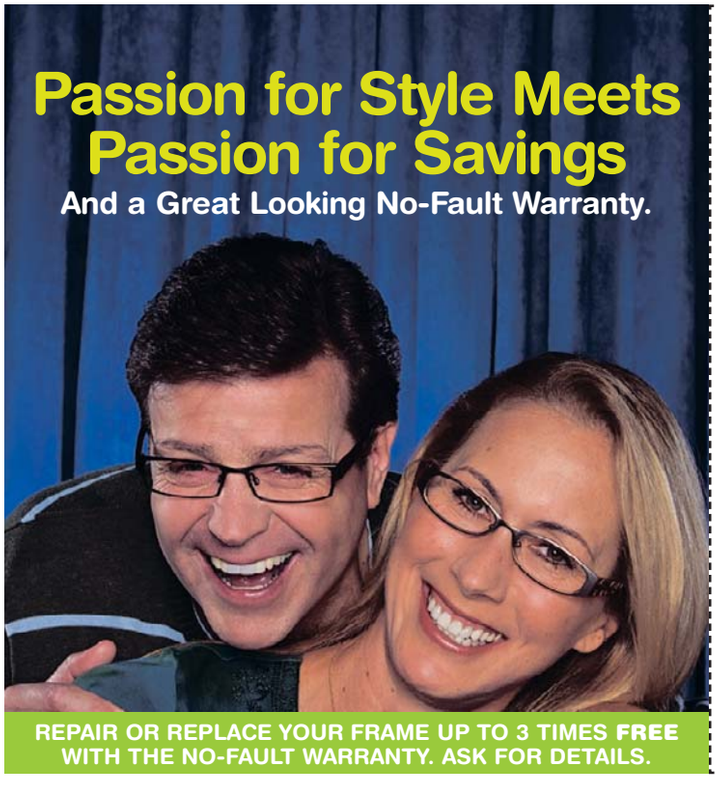
Two Americans were killed in a roadside blast in southern Afghanistan, said Navy Chief Petty Officer Brian Naranjo, a U.S. military spokesman. And another American soldier died of wounds in a Monday firefight with militants in the east, a U.S. military spokesman said. FISNIK ABRASHI (AP)

Mousavi Hints At End to Rallies

TEHRAN, IRAN | Iranian opposition leader Mir Hossein Mousavi made his first public appearance in a week Monday, vowing to continue his campaign against a government that he said lacks legitimacy. But his comments suggested he is abandoning massive rallies.

"That protests subsided or were silenced doesn't remove the basis of the matter," he said. "We need to make efforts to show our protest ... within the framework of the law."

Meanwhile, supreme leader Ayatollah Ali Khamenei on Monday warned Western nations not to criticize Iran for its crackdown, saying relations will suffer if they are seen as "meddling." (AP)



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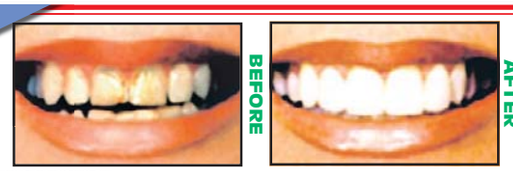

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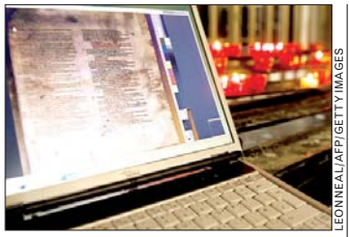


LEON NEAL/AFP/GETTY IMAGES

A laptop shows the Codex Sinaiticus, which became available online Monday.

Oldest Christian Bible Is Digitized

LONDON | The surviving pages of the world's oldest Christian Bible have been reunited — digitally.

The early work known as the Codex Sinaiticus has been housed in four separate locations across the world for more than 150 years. Starting Monday, it became available for perusal on the Web at Codexsinaiticus.org.

Scot McKendrick, head of Western manuscripts at the British Library, said the 1,600-year-old manuscript "offers a window into the development of early Christianity and firsthand evidence of how the text of the Bible was transmitted" among generations.

The 4th-century book is written in Greek on parchment leaves. (AP)

Ethnic Violence Kills 156 in China

More than 800 hurt in west after protest over Uighur deaths

URUMQI, CHINA | Chanting "Strike down the criminals," hundreds of paramilitary police with shields, rifles and clubs took control of the streets Monday in the capital of western China's Muslim region, a day after the deadliest ethnic violence in decades.

State media said at least 156 people were killed and 828 wounded in the unrest, which did not bode well for China's efforts to mollify long-simmering ethnic tensions between the minority Uighur people and the ethnic Han Chinese in Xinjiang — a region three times the size of Texas that shares borders with Pakistan, Afghanistan and other Central Asian nations.

As darkness fell, security forces became especially tense and ordered residents off the roads near the main gate at Xinjiang University — the scene of some of the worst clashes Sunday.

As people watched from an apartment building across from the school, riot police in green camouflage uniforms and helmets pointed long sticks at the gawkers and barked, "Close those windows!"

Mobile phone service and the social networking site Twitter were blocked, and Internet links were also cut or slowed down. Some videos were posted on YouTube.

The latest unrest began after 1,000 to 3,000 protesters — mostly students — gathered downtown at the People's Square and protested the June 25 deaths of Uighur factory workers killed in a riot in southern China. Xinhua said two died; others say the real figure was higher.

Poor-quality amateur video purportedly shows a surging crowd of hundreds running through traffic. The police eventually showed up in force, and it's unclear who struck first. WILLIAM FOREMAN (AP)

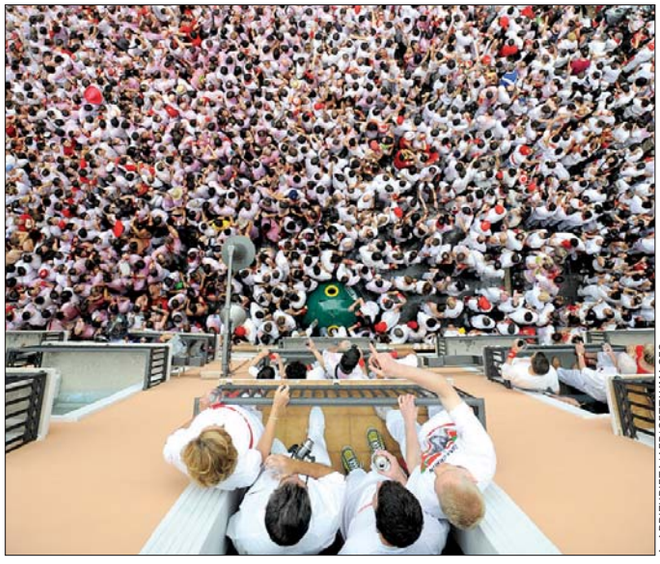
NG HAN GUAN/AP

Zhao Li Hong, right, stands near her husband, Liu Yanghe, whose leg was broken in an attack by protesters in Urumqi, China.

WHO ARE THE UIGHURS?

- Muslim Uighurs (pronounced Wee-gurs) make up the largest ethnic group in China's Xinjiang region.
- Tensions between Uighurs and majority Han Chinese have risen in Xinjiang's capital of Urumqi, where Uighurs fear they are being squeezed out by Han migrants.
- Many Uighurs yearn for independence, and some militants have waged a separatist campaign.

SPAIN | VIEW FROM THE TOP



A. ARRIZURIETA/AFP/GETTY IMAGES

FIESTA: People watch from a balcony as participants mark the start of the San Fermin festival in Pamplona, Spain, on Monday. More than 1 million people are expected to participate in the event, which is known for bull running.

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Money

Judge Clears Way for GM

Automaker may soon depart bankruptcy as a new company

MARY ALTAFFER/AP FILE

General Motors CEO Fritz Henderson leaves bankruptcy court June 30 in New York. A bankruptcy judge said GM can sell the bulk of its assets to a new company.

NEW YORK | A bankruptcy judge has ruled that General Motors Corp. can sell the bulk of its assets to a new company, potentially clearing the way for the automaker to quickly emerge from bankruptcy protection.

U.S. Judge Robert Gerber said in his 95-page ruling late Sunday that the sale was in the best interests of both GM and its creditors, who he said would otherwise get nothing.

"As nobody can seriously dispute, the only alternative to an immediate sale is liquidation — a disastrous result for GM's creditors, its employees, the suppliers who depend on GM for their own existence, and the communities in which GM operates," Gerber wrote in his ruling.

An appeal is expected. A Chicago law firm representing people who have sued GM in several auto accident cases filed paperwork Monday saying it would appeal to U.S. District Court in New York. The deadline to appeal is noon Thursday, after which point Gerber's order takes effect and the sale is free to close.

Attorneys for some of GM's bondholders, unions, consumer groups and individuals with lawsuits against the company have said their needs have been pushed aside in favor of the interests of GM and the government.

GM's government-backed plan for a quick exit from Chapter 11 hinges on the sale. The Treasury Department has vowed to cut off funding to GM if the sale doesn't go through by July 10.

BREE FOWLER (AP)

Music Sharing Case Back in Court

Lawyers say woman's use of the Internet should be restricted

MINNEAPOLIS | Just weeks after a federal jury ruled that a woman must pay $1.92 million for illegally sharing copyright-protected music, the U.S. recording industry wants to make sure she doesn't do it again.

Attorneys for the recording industry want a federal judge to bar Jammie Thomas-Rasset, 32, from downloading music, sharing music files and distributing songs to the public. The attorneys also want U.S. District Judge Michael Davis to order that Thomas-Rasset destroy all copies of copyrighted music recordings she has downloaded without authorization.

Thomas-Rasset

Last month, a federal jury ruled that Thomas-Rasset willfully violated the copyrights on 24 songs, and that she must pay $80,000 per song to the music industry.

This case was the only one of more than 30,000 similar lawsuits to make it all the way to trial. The vast majority of people targeted by the music industry had settled for about $3,500 each.

"Absent an injunction, there is nothing to stop Defendant from downloading and distributing more of Plaintiffs' copyrighted sound recordings through an online media distribution system," recording industry attorney Timothy Reynolds wrote in the court request. AMY FORLITI (AP)

$1B **THE AMOUNT** PepsiCo. Inc. plans to invest in Russia over the next three years to boost its manufacturing capabilities in the country, the company announced on Monday. In 1974, Pepsi became the first Western consumer product to be manufactured and sold in the USSR. (AP)

Lawyer: No Merit in Barry Charge

Conflicting accounts given of how ex-mayor ended up arrested Sat.

D.C. Council member Marion Barry was planning to spend July Fourth in Rehoboth Beach with an ex-girlfriend but returned with the woman to Washington Saturday afternoon, hours before being arrested for allegedly stalking her, Barry's lawyer said Monday.

The attorney, Frederick D. Cooke Jr., told reporters the stalking charge has no merit and therefore should not have an impact on the former mayor's probation for tax violations.

"If we are forced to proceed forward in court, we will prove that [the charges] are false," Cooke said, adding that he hoped prosecutors would simply drop the charges. Barry's latest run-in with the law centers on his relationship with political consultant Donna Watts-Brighthaupt, who alleges that he continues to approach her even though they split up a few months ago.

LINDA DAVIDSON/TWP

Marion Barry, center, laughs after a reporter's question about his love life Monday. He didn't speak at the press conference, but attorney Frederick Cooke Jr., left, did.

In an interview Monday, Watts-Brighthaupt said she never wanted Barry to be arrested. But she said she plans to cooperate with prosecutors.

Barry, Watts-Brighthaupt and police gave conflicting accounts of how the former mayor ended up in police custody Saturday night after attending several Fourth of July functions.

Watts-Brighthaupt said her ex-husband stayed at her house in Southeast to dog-sit when it appeared she and Barry would be spending the weekend in Rehoboth Beach.

When they returned to her home unexpectedly after their lunch in Annapolis, she alleges Barry refused to leave her street. That night, Watts-Brighthaupt said she and her ex-husband left in a vehicle. Barry, she alleges, then followed the vehicle to Anacostia Park.

Cooke counters, "Mr. Barry was traveling on public streets on his way home, and that is how he found himself in the park." Cooke said Barry has no plans to resign his Council seat. TIM CRAIG, DEBBI WILGOREN AND JENNA JOHNSON (THE WASHINGTON POST)

PLAYER FOR LIFE

In all his years of public life, Marion Barry has rarely been without a woman at his side. Barry told Sister 2 Sister magazine in 1991, "Womanizing had become an integral part of my lifestyle."

1972-1977 Barry's ex-wife **MARY TREADWELL** was convicted in 1983 of conspiring to defraud the federal government and low-income tenants to enrich herself.

1978-1993 **EFFI BARRY** met Marion Barry in 1976. Of their 1990 separation, she said, "My husband had a drinking problem from Day I of our marriage." She died in 2007.

1994-2002 When **CORA MASTERS BARRY** married Marion Barry in 1994, they had been friends for 20 years. They are technically still married. She said she admires "his accomplishments."

MARRIAGE **A Right to Respect** **Maryland Gov. Martin O'Malley says the state should probably "respect" the rights granted by same-sex marriages in other states. Speaking on WTOP's "Ask the Governor" program Monday, O'Malley, a Democrat, said it would be difficult to deny rights granted by a government. Maryland Attorney General Douglas F. Gansler is looking into whether the state can recognize same-sex marriages performed in other states. His office plans to issue an opinion in the coming weeks.** (AP)

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Department of Health and Human Services
National Institutes of Health
NIH Clinical Center

Local

Guilty Plea in Va. Adoptee's Death

Mother faces 51-year sentence after child is found slain in creek

A Prince William County woman pleaded guilty Monday to leaving her adopted 13-year-old daughter for dead in a frigid creek in January — and to abusing the girl and lying to police — in a case that has highlighted shortcomings in the county's policies on child abuse and runaways.

Alfreedia Leona Gregg-Glover, 45, of the Manassas area, pleaded guilty to felony murder, felony child abuse and filing a false police report in Prince William County Circuit Court. She faces a maximum of 51 years in prison, which the county's chief prosecutor called "an effective life sentence," and will be sentenced in October.

During Monday's hearing, police cited in testimony more than a dozen incidents dating back to 2004 — far more then had previously been known — in which various people reported finding Alexis "Lexie" Agyepong-Glover with bruises and cuts, being driven off in the trunk of a car, running away from home and showing up to the bus stop wearing only a diaper. Lexie also was hospitalized several times, police said.

In one incident in March 2004, officials received a complaint that Lexie was sleeping on the floor, and that Gregg-Glover called her names and denied her underwear because she had wet the bed, police testified.

COURTESY OF PRINCE WILLIAM COUNTY POLICE

Alfreedia Leona Gregg-Glover, 45, of Manassas, Va., faces 51 years in prison.

Since Lexie's death, several of her former neighbors and bus drivers have recounted instances in which they reported suspected abuse to authorities — reports that failed to get Lexie removed from the home.

After the hearing, Prince William Commonwealth's Attorney Paul B. Ebert called the case, "a true horror story," and said he hopes a judge will impose the maximum sentence. JONATHAN MUMMOLO (THE WASHINGTON POST)

The Lotteries

Monday, July 6

DISTRICT

Mid-day Lucky Numbers	6-2-1
Evening Lucky Numbers (Sun.)	7-3-7
Mid-day DC 4	2-9-9-0
Evening DC 4 (Sun.)	7-6-5-0
Rolling Cash Five (Sun.)	3-8-13-14-22
Daily 6 (Sun.)	1-12-22-28-31-37 (5)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	0-9-0
Evening Pick 3 (Sun.)	7-4-6
Mid-day Pick 4	6-2-7-7
Evening Pick 4 (Sun.)	3-2-8-5
Match 5 (Sun.)	12-17-30-33-36 (34)

VIRGINIA

Mid-day Pick 3	3-5-2
Evening Pick 3 (Sun.)	6-5-4
Mid-day Pick 4	0-4-0-9
Evening Pick 4 (Sun.)	8-3-5-1
Mid-day Cash 5 (Sun.)	1-7-8-10-32
Evening Cash 5 (Sun.)	1-5-6-32-33

Sports

JONATHAN NEWTON/TWP

Spc. Andrew Hill throws an outlet pass in the weekly Thursday basketball game at Walter Reed Army Medical Center. Veterans who play say the game is invaluable therapy.

More Than a Game for Veterans

Walter Reed patients leave injuries behind on basketball court

REHABILITATION | It's Thursday afternoon, and that means basketball at the Wagner Sports Center on the campus of the Walter Reed Army Medical Center. After about 90 minutes of drills, the patients get into a little five-on-five full-court.

Army Spc. Bryan Wagner grabs a rebound and flexes his arms to ward off Spc. Alex Knapp from trying to sneak in from behind for a steal. Wagner heaves an outlet pass to Spc. Andrew Hill, who brings the ball up-court and feeds Marine Lance Cpl. Nate Knowles, filling the lane for an easy bucket.

And before you think this sounds like an ordinary schoolyard game, watch, then, as each grabs the sides of his wheelchair, pivots and heads back downcourt to play defense. Each of the 10 men, none older than 26, has lost at least one limb in combat. And many said no activity has provided better physical or emotional therapy than their time on the hardwood every Thursday.

JONATHAN NEWTON/TWP

Instructor Trevon Jenifer loses his balance playing against the war veterans.

"Playing this, you forget about your injuries. You really do," said Knowles, 23, who lost his left leg a year ago from battlefield injuries suffered in Afghanistan.

> **"Playing this, you forget about your injuries. You really do."**
>
> —MARINE LANCE CPL. NATE KNOWLES
> AFGHANISTAN WAR VET WHO LOST A LEG

On this particular Thursday, the patients received a visit from members of the Edinboro (Pa.) University wheelchair basketball team — one of 10 men's intercollegiate outfits in the country. "When the war [in Iraq] started, I heard about these guys coming home and I wanted to do something to give back," said Edinboro coach Jim Glatch, who is not disabled. "These guys think athletics are shut off from them, but they're not."

Before they hit the court, though, each patient needs to leave a critical item at the door — his memory. All of them viewed getting a prosthesis as monumental progress in their rehabilitation. It meant increased mobility and a path toward independence.

But when they got onto the court, took off their prostheses and sat back in the wheelchair, many returned to a place they hoped never to encounter again.

"I was, like: 'Oh, this sucks. I'm back in a wheelchair,'" Knowles said of his first time playing. "But I immediately saw this as a great workout, and it's a lot of fun." ALAN GOLDENBACH (THE WASHINGTON POST)

Healthy Change: New emphasis on recreation pays off with noticeable progress among disabled U.S. troops | **washingtonpost.com/sports**

TENNIS Injury Added to Insult Wimbledon runner-up Andy Roddick withdrew Monday from the U.S. Davis Cup team's quarterfinal at Croatia, citing a right hip flexor injury. The U.S. Tennis Association announced that Roddick wouldn't participate in this week's Davis Cup matches because he was hurt during his loss a day earlier to Roger Federer at the All England Club — a match that finished 16-14 in the longest fifth set in Grand Slam final history. (AP)

Swengali

TENNIS | BY MATT SWENSON

U.S. Finds New Hope for Tennis

THE FATE OF American's men's tennis is in Andy Roddick's hands.

Such a prospect seemed frightening two weeks ago.

But if his performance in a courageous defeat by Roger Federer at Wimbledon is any indication, Roddick may have finally matured enough to become the player many envisioned.

The 2003 U.S. Open champion never has lived up to his billing. The country's 0-for-the past 23 in Grand Slam events is mostly his fault, seeing as he's the most talented player the U.S. has produced since Andre Agassi.

> **Roddick may have finally matured enough to become the player many envisioned.**

Agassi, too, broke onto the scene when he wasn't ready to succeed at the highest level. Only when the locks gave way to a shaved head did Agassi emerge as a glorious champion who won each of tennis' four major events.

Roddick had previously made Wimbledon's final twice, only to suffer blowout losses to Federer.

Sunday's match was different, though. Roddick showed poise he didn't seem capable of. He held serve for the equivalent of six sets before the climactic 77th game of the match. Roddick needn't hold his head in shame; he simply needs to maintain that intensity the rest of his career.

A country looking for a tennis champion may have found one. Can Roddick live up to expectations this time around?

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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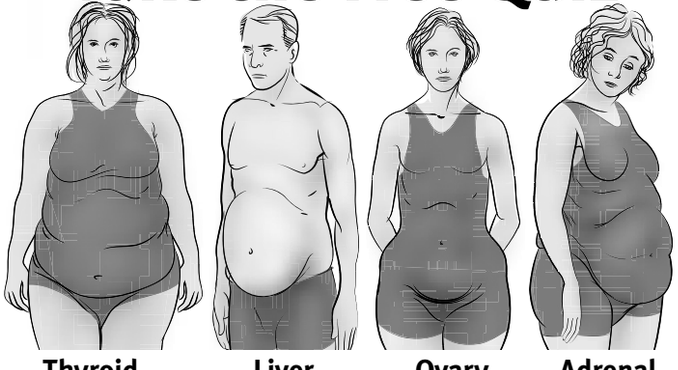

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Sports

D.C. on Tiger's Call-Waiting

Woods to take event to Philly for 2 years due to 2011 U.S. Open

GOLF | There were two strategies for catching a glimpse of Tiger Woods at the AT&T National at Congressional Country Club in Bethesda, Md., last week: Race from tee box to green after each drive, or play the waiting game.

"Three holes ahead," said Gregory Upshaw, who estimated that he waited 35 minutes with his brother, Anthony, and his son, Brandon, behind the green at the ninth hole to watch the tournament host finish his second round Friday. "That's our strategy."

TIM SLOAN/AFP/GETTY IMAGES

Tiger Woods left a lasting impression by winning the AT&T National Sunday.

But now that the tournament is over, another, much-longer wait is in store. Those hoping to see Woods tee off again at Congressional will have to wait two years, and when he does finally return, it won't be as host. In 2011, Congressional will be the site of the U.S. Open. In the meantime, the AT&T will find a temporary home in Philadelphia. "It's unfortunate, with the U. S. Open coming here, and we have no choice," Woods said.

But the AT&T will return to Congressional. The course locked up a three-year contract from 2012 to 2014, with an option for three more years after that.

"We are coming back here," Woods said. "We're going to be playing here at Congressional. I think the golf course can be in even better shape with the new greens, and I think the relationship we've built in this community already has been fantastic." JOE BUBAR

4.6 **THE TV RATINGS FOR** last week's AT&T National, more than three times higher than last year's event ratings, according to CBS. The difference: Tiger Woods, the tournament's host with the most, didn't play last year, due to a knee injury. He won the AT&T on Sunday by one stroke.

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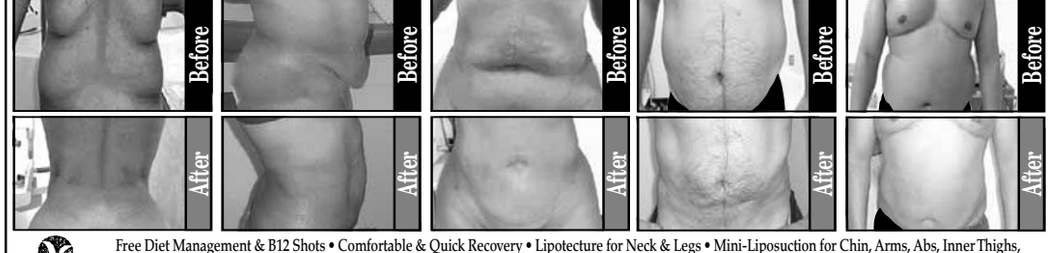

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Armstrong Speeds Into 3rd Place

Ex-champ can grab yellow jersey in Tour's time trial on Tuesday

CYCLING | Lance Armstrong jumped from 10th to third place at the Tour de France on Monday, positioning himself for a shot at the yellow jersey after evading trouble on a windy ride along the Mediterranean.

Britain's Mark Cavendish won his second-straight stage. He and Armstrong and overall leader Fabian Cancellara of Switzerland kept up with a breakaway group that bolted from the pack with 18 miles left in the 122-mile third stage.

JASPER JUINEN/GETTY IMAGES

Racers leave Marseille during the third stage of the Tour de France on Monday. Britain's Mark Cavendish won the stage; Lance Armstrong is 40 seconds behind.

Armstrong, a seven-time champion coming out of retirement, is 40 seconds behind. He was able to make his big jump because riders in front of him at the start of the day got trapped in the main pack.

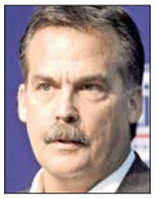
The race is set for a shakeout featuring Cancellara, Armstrong and Germany's Tony Martin in Tuesday's team time trial. Each team is strong in the 24-mile event, which starts and finishes in Montpellier.

If Astana wins, Armstrong could take the yellow jersey. The race ends July 26 in Paris.

JAMEY KEATEN (AP)

Titans' Fisher Recalls McNair As 'Great Person'

NASHVILLE, TENN. | An emotional Jeff Fisher says his former quarterback Steve McNair was a "great person" who put the Tennessee Titans franchise on the NFL map.



Fisher

The Titans coach Monday called the slain quarterback one of the "greatest competitors of all time on the field." Fisher said McNair would want him to tell people McNair was sorry and wasn't perfect.

Fisher was the only coach McNair had for the first 11 years of his NFL career.

McNair was found shot to death Saturday alongside 20-year-old Sahel Kazemi in Nashville. (AP)

RACING He Said What? Formula One boss Bernie Ecclestone insists he will not resign because of his comments praising Adolf Hitler's leadership. In an interview with The Associated Press on Monday, Ecclestone defended his weekend comments that Hitler "got things done." Ecclestone, Formula One's commercial rights holder, dismissed calls from the World Jewish Congress that he resign. He said those calling for him to leave did not have such authority. (AP)

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Sports

No Minor Matter for D.C.

United eyes revenge for a 'bitter' loss to Harrisburg in 2007

UNITED | Before going on an 11-day break, D.C. United will have the opportunity to avenge the most shocking loss in club history and advance to the U.S. Open Cup semifinals Tuesday evening at the Maryland SoccerPlex in Germantown.

Two years ago, playing regulars such as Clyde Simms, Brian Carroll and Bobby Boswell alongside a handful of reserves, D.C. was defeated 1-0 by the minor-league Harrisburg (Pa.) City Islanders in an Open Cup round-of-16 match. Harrisburg plays in the USL second division, two tiers below MLS, and remains the only team from that far down the U.S. soccer pyramid to defeat D.C. Last week, Harrisburg upset the New England Revolution to reach quarterfinals.

"When we lost to them in '07, it was a bit bitter," said defender Devon McTavish, who played one half that night in Pennsylvania.

Last week, United needed more than 70 minutes to break down the amateur Ocean City (N.J.) Barons in their round-of-16 game. "I think [Harrisburg is] going to come with the same mentality, to bunker down and try to score on a counterattack. It almost worked for Ocean City," McTavish said.

D.C. forwards Jaime Moreno and Luciano Emilio remain injured, but coach Tom Soehn will have the luxury of using players such as Fred, Ben Olsen and Christian Gomez, thanks to the upcoming break. Considering the history, it might be wise to avoid taking any chances with less-experienced players.

"These games are hard," Soehn said. "I've been through them as a player and as a coach. The other team has got a lot to gain. For some of ours, our guys take it too light, and you can't afford to do that."

BRIAN STRAUS

MARK GAIL/TWP

After defeating amateur Ocean City last week in the U.S. Open Cup, D.C. United will next face minor-league Harrisburg on Tuesday night in Germantown, Md.

80K Welcome Ronaldo to Madrid

SOCCER | After a three-year wait, 80,000 Real Madrid fans gave Cristiano Ronaldo a rapturous welcome on Monday after his record transfer from Manchester United.

A beaming Ronaldo came out to the capacity Santiago Bernabeu crowd wearing the same No. 9 jersey as Madrid great Alfredo di Stefano wore.

"I'm very happy to be here. I've achieved one of my dreams," Ronaldo said before leading the crowd into a cry of "Viva Madrid!"

VICTOR R. CAIVANO/AP

Cristiano Ronaldo waves to the crowd.

Ronaldo was eventually chased from the field as security failed to contain the crowd, with many teenage fans jumping the barrier in search of an autograph. (AP)

TODAY'S TV LINEUP

NATIONALS (8:40 P.M. ON MASN2) The Nats play the middle game of their set against the Rockies.

ORIOLES (10 P.M. ON MASN) The Orioles and Mariners play a series you'd be hard-pressed to find many people interested in.

BASEBALL (8 P.M. ON WGN) The Braves, who just a lost a series to the Nationals, visit the Cubs.

CYCLING (8:30 A.M. ON VERSUS) Grab a cup of coffee and get inspired by watching Lance Armstrong in the Tour de France.

NBA **Kidd Stays in the Picture** Jason Kidd isn't going anywhere. The free agent point guard has agreed to sign a three-year contract for more than $25 million to remain with Dirk Nowitzki and the rest of the Mavericks. With the contract, the 37-year-old Kidd could end his career in Dallas, which is where he started in 1994. (AP)

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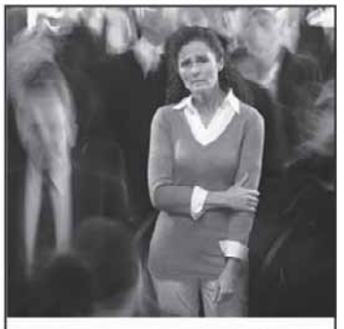

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fit

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HIP HOP HOT

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Put Even More Distance Into This Relationship

Q About five years ago, I met a man. I always had feelings for him, but they lay dormant, and he lives overseas. Recently, he visited my area and asked me whether I loved him. I told him yes. He said, "And I you." Yet, after he left, he began acting differently. He took a photo of me, yet he refuses to send me a photo of himself. He wants me to initiate all communication, and invest in a video camera and a Skype address. I am hurt by the way he has treated me since his return (no phone calls, abrupt e-mails, etc.). My question: Why would he be interested in knowing whether I loved him, and complain of being alone and unhappy, and then turn into another person when he returns home? – CONFUSED IN NW D.C.

BENDEPENDENT.COM

There could be dozens of reasons: Maybe he got scared of what an international relationship would entail; maybe his ego wants you to want him even if he doesn't quite feel the same; maybe since returning home, he's stuck in a pattern of inertia (or in baggage claim awaiting a wayward suitcase).

But even more important than his motives is what you're going to do about his behavior. The most concrete fact we have — other than that some people just can't stop pushing Skype on others — is that he's not giving you what you'd need in order to sustain any kind of emotional relationship — and never has — for years. You deserve more. As much as it hurts to wonder why things can't be how you'd want them to be, your best bet is to focus on moving forward with your life and not count on his being part of it.

Don't Let Mom In the Bedroom

Q Could the need to be intimate with more than 20 women be related to my negative feelings toward my mother? – CURIOUS

Being intimate with more than 20 women? You mean at one time?

Seriously, your question, despite its brevity, is a complex one, being that I don't know your age, the nature of each of these couplings or other aspects of your MO, your personality or your emotional reaction to each of these — shall we say — incidents.

But to at least pretend to answer your question: Yes, this can certainly have to do with your mother, or with your feelings about women in general, which might also have to do with your mother. But your behavior could also, in larger part, have to do with your feelings about yourself. The bottom line is, how is all of this affecting you, and is it something that you want to change? If you're willing to do the work to develop healthier patterns, talking to a good therapist is crucial. He or she could help you do the emotional work to repair your issues (and even if your mom's involved, it's more complex than blaming her) and do the behavioral work of stopping the self-destruction.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

SPECIAL ADVERTISING FEATURE

GOLD'S GYM GET FIT CHALLENGE

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Week One: GIRL POWER!

For 12 weeks, 6 Express readers are competing for $5,000 and a one-year membership to Gold's Gym. Over the weeks, challengers will rack up points for losing unwanted weight and winning fitness challenges. The challenger with the most points at the end of 12 weeks wins.

This week we're checking in on the three women in our group, and they're all making significant progress.
Next week we'll see how our three men are doing: Anthony, Greg and Larry.

KIM & TASHA

HEALTHY FOODS FOR FUEL
Kim and Tasha are working out at Gold's Gym on Capitol Hill. Tasha has told Kim she can eat as much as she wants when it comes to fruits and vegetables, which means Kim hasn't felt hungry, nor has she had to worry about obsessive calorie counting. This strategy seems to be working well, as Kim has lost five pounds this week!
TASHA'S TRAINER TIP: FILL UP ON FRUITS AND VEGGIES.

ERIN & JAMIE

All our challengers have the benefit of working with Gold's Gym Personal Trainers, who help their clients work towards short and long-term fitness goals using:

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AVOID SUGAR SHOCK
Meaghan has been working out at Gold's Gym in Ballston with Jenny. Her goal was to lose two pounds per week. Jenny advised Meaghan to read the labels on her food, and to try to stay away from sugar and high fructose corn syrup. So Meaghan is substituting fruits like apples, berries and oranges on a daily basis, and healthy unsaturated fats like nuts, seeds and cold-water fish. As a result, she is ahead of her goal - she's lost three pounds this week!
JENNY'S TRAINER TIP: SAY NO TO FOODS WITH OVER 5 GRAMS OF SUGAR PER SERVING.

JENNY & MEAGHAN

EXERCISE CONTROL OVER YOUR DIET
Jamie is working out with Erin in the Merrifield Gold's Gym. She's being pretty strict on herself about her food choices and portions. Erin recommends keeping a food journal so she and Jamie can pinpoint weak spots in her diet. Then they can choose healthy alternatives, like smaller portions or pairing a healthy carb with a healthy protein. And they've had some great success this week: Jamie's lost five pounds!
ERIN'S TRAINER TIP: KEEP A FOOD JOURNAL TO KEEP IT REAL.

Our challengers meet with their Gold's Gym Personal Trainers each Tuesday to improve their physical fitness.

Membership information at: www.goldsgym.com

Cheer for your favorite challengers online at www.expressnightout.com/goldschallenge

Points are awarded weekly for weight loss and competitive challenges.

CHALLENGERS	STARTING WEIGHT	CURRENT WEIGHT	% OF WEIGHT LOSS	POINTS	
				WEIGHT LOSS	TOTAL
ANTHONY	270.8	262.0	3.25	6	6
GREG	242.0	235.0	2.89	5	5
KIM	196.2	191.2	2.55	4	4
JAMIE	201.2	196.2	2.49	3	3
MEAGHAN	190.0	187.0	1.58	2	2
LARRY	357.2	352.6	1.29	1	1

Goods | fit

NEW IN HEALTH

warm ups

MEETS THE AYE

There's no point in reviewing a Transformers basketball shoe — people will want to buy it anyway. And like the new movie, the Nike Sharkalaid Soundwave ($100) relies on cool visuals to appeal to its fan base. In this case, that means tape recorder-esque details and an original Decepticon logo on the tongue top.

TOT LUCK SUPPER

Can we call kids these days the organic generation? They survived their infancies on gourmet purees, so now it's only natural to move on to Plum Organics Tots ($1.39-$3.49, Babies "R" Us). The toddler snacks, such as freeze-dried fruit bites and veggie sticks, are made for wee hands.

RUBY RULES

No fitness guru could possibly be as inspiring as the Style Network's Ruby Gettinger, who's chronicling her incredible weight loss. So, "Ruby: A Journey to Lose the First 100 lbs." ($14.98, Lionsgate) packages six episodes from the first season with mini-workouts. It'll move you. We promise.

PUT ON THE RED LIGHT

Ionic ProClean ($8.95, Ionicproclean.com) claims that plaque and teeth enamel have opposite charges, which (as you know) attract. But if we touch the silver strip on the back of one of these brushes, we can mess with the charges for a better clean. The red light lets you know it's working.

GUINEAPIG

A New Starbucks Menu Is Born

First, the bad news: Starbucks snacks used to come with artificial flavors, artificial colors, trans fats and high-fructose corn syrup. But before you start choking on your very berry coffee cake, here's the good news: All of those icky things were banished from the food case at every cafe in the chain last week.

So, that coffee cake's new incarnation has actual blueberries. The banana walnut bread is 30 percent banana now. And perhaps even more important for calorie-conscious shoppers, there are new nibbles beyond those still-a-treat pastries, such as the farmers market salad (above, 300 calories with dressing).

As long as you're not expecting freshly baked goodness, it all passes the taste test. We guess real tends to be yummy. VICKY HALLETT (EXPRESS)

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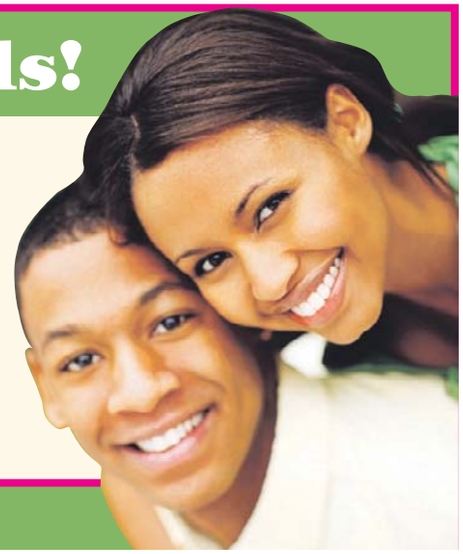

fit | Phys Ed

WATERWORKS

ISTOCK

How to Use Your Noodle and More

A few inexpensive props can broaden your water repertoire, making water workouts more intense and fun.

FOAM NOODLE: The common cylindrical pool toy makes you buoyant while exercising. Sit on it and work the upper body; place it along your back with arms outstretched to work the legs and abs; place it in front and rest your arms on it while working the legs; wrap it around your waist; or straddle it. Pressing the foam noodle into the water creates resistance for the arms and legs.

BUOYS: Usually shaped like dumbbells, these are made out of foam and plastic. For a biceps curl, for example, hold the buoy in one hand, arm bent, with the buoy just above the water. Pull it down, keeping the elbow steady, and let it up slowly, fighting the urge to allow the buoyancy to carry it up. Or, hold the buoys out in front of your chest, arms straight, and push down toward your thighs, engaging the core.

WEBBED GLOVES: These wrist-length, lightweight gloves are typically made out of a stretchy material and either cover the whole hand or leave the top part of the fingers exposed. The spaces between the fingers are webbed, offering more drag when hands move through the water.

KICKBOARD OR PADDLE BOARD: This foam arch-shaped piece is generally used to work on kicking technique, but it's also handy for a warm-up. Grab the board with hands outstretched, or hug it to your chest and kick. Rotate the body from side to side to engage the core.

JEANNINE STEIN (LOS ANGELES TIMES)

KEVIN DIETSCH

Jenkins, front, perfected his techniques working with celebrities. Now anyone can learn his moves in his "Jump Off" class.

work it out

Can't Stop the Hip-Hop

It seems like a family affair at Mark Jenkins' 'Jump Off' class

You probably don't have much in common with Mary J. Blige, LL Cool J, D'Angelo or Beyonce. But even if you don't have an album that's about to drop, you can still work out with Mark Jenkins, the guy who sculpted their famous physiques.

What It Is

Jenkins, author of "The Jump Off: 60 Days to a Hip-Hop Hard Body," is usually on tour with his celebrity clients, but fatherhood has him taking a break in D.C. He's decided to use his downtime this summer to promote fitness to kids, launch a supplements line and teach his 70-minute signature class, "The Jump Off," twice a week at SomaFit.

"This is a do-what-you-can class," he announces at the beginning of a recent session, before busting into his preferred warm-up of jumping rope. Don't worry if you can't keep up entirely — he'll make sure you won't be able to anyway. Instead, his goal is to push students hard enough that they'll burn fat for the rest of the day: "This is painful but time-efficient."

Moves

"I get bored teaching the same thing every time," Jenkins explains, which is why students can't predict what he'll throw at them.

But expect an eclectic mishmash, aided by his bulging bag of props. He might pull out agility ladders and have you hop along while rotating your body 180 degrees mid-air, shake a Bodyblade ("It takes 100 pounds of pressure to make it oscillate," he says) or toss medicine balls behind your head to a partner. Even when he's just working with students' bodies, Jenkins has countless ways to make them sweat, including kickboxing combos and extended plank holds.

He structures the class in sets, so you're constantly switching between two exercises designed to thoroughly tire you out — like jumping jacks and frog squats, which require you to hold your hands in a prayer position with your elbows pushing against the inside of your knees while you sink your butt to the floor.

Workout

Although Jenkins singles out a body part (legs, rear, arms, etc.) for extra attention each session, he does his darndest to make sure no muscle feels left out. And when you perform exercises using your entire body at a frenetic pace, you get a killer cardio workout, too.

But Jenkins is no drill sergeant: Because it's so intense, he encourages students to sit out a set and catch their breath or get some water whenever they need it. (They need it.) He's also quick to make klutzes feel at ease when they're having trouble keeping up. "Your heart doesn't recognize if you're jumping gracefully or not," he says. Let's just say that those who come on Saturday know they'll be too sore Sunday to see Jenkins again.

Crowd

It could be the thumping music that creates such a friendly energy in the room — Jenkins has a DJ who mixes CDs for him (and he hopes to bring in live music soon). But more likely, it comes from the students, who are at every fitness level while sharing a common pain. Plus, class size is capped at six, which makes for a close-knit crew. VICKY HALLETT (EXPRESS)

Held at SomaFit, 2121 Wisconsin Ave. NW.; Sat at 8:30 a.m., Sun at 11:30 a.m.; $35. Reserve at 202-965-2121.

event horizon

→ Show your respect to the king of pop the way he'd want you to: by sweating to his tunes. Bally Total Fitness Pentagon Row is hosting a Michael Jackson tribute July 14, 6:30 p.m.-8 p.m. Call 703-416-5131 for info.

Be a Bridge Commander

Make the most of a bike ride on the new Wilson Bridge Trail

If you build it, they will bike it — or walk it or jog it. Trailblazers are always hungry for a new route, and they got a beaut in the new 1.1-mile stretch alongside the Woodrow Wilson Bridge, which connects Old Town Alexandria to the National Harbor development in Prince George's County. Here's our spin on the trip:

MARK GAIL/TWP

These early birds went for a ride the day the Wilson Bridge Trail opened, June 6.

GETTING THERE

The Virginia side is a cinch to access from the Mount Vernon Trail. Just head south from Rosslyn. When you arrive in Old Town, follow the bicycle signage along North Washington Street that leads you to a half-mile path that winds to the mouth of the bridge. (Currently, no trails connect to the Maryland side.)

THE RIDE

Whether you're on foot or wheels, don't rush the trip. As you're headed into Maryland on the wide lanes (enough room for riders to zoom two abreast), a mesh-style wall lets you scoff at cars on your right, and a chest-high railing at your left makes it safe to gaze at the Potomac without toppling into it. Three overlook locations offer resting spots for an extended gander. Bonus: Free telescopes let you spy on passing boats.

As you reach your destination, the packed gravel morphs into seashell bits, and a sign directs riders to dismount and pull over at two large temporary bike racks. Then you're free to show off your glorious helmet hair.

THE REWARD

The first-come, first-served patio at Rosa Mexicano is one option for ripe riders. Staffers have even been known to offer napkins to wipe chain grease off riders' legs.

KRIS CORONADO (EXPRESS)

For more riding tips and cycling suggestions, read Trailblazer at **Expressnightout.com/trailblazer.**

TRAILS TO YOU

Looking for more paths for wheeling and walking? There are options beyond the popular mainstays of the Capital Crescent, Mount Vernon and Custis trails. See Waba.org/areabiking for a full list of what the area has to offer — including some new routes.

In May, Arlington County opened a 3/4-mile extension of **FOUR MILE RUN TRAIL**, creating a smoother connection between the bustling Shirlington restaurant corridor and the South Arlington trail that intersects the Mount Vernon Trail.

And the most anticipated trail opening of the fall is the **METROPOLITAN BRANCH TRAIL**. A mile stretch of the 8-mile project, from Silver Spring to Union Station, is set to open between New York Avenue and Brookland. It'll be completely separate from traffic, going over Florida Avenue and under New York Avenue, says DDOT's Jim Sebastian. Updates can be found at www.metbranchtrail.com. K.C.

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Let's Make a Raw Deal

Preparing food without heat can make for delicious menus

With the exception of the grill, few food-heating appliances seem appealing during the summer. So, go raw, suggests Tania Mercer, who will lead a "Cooking in the Raw" workshop at the U.S. Botanic Garden (Usbg.gov) tomorrow.

"It's eating as nature intended us to eat," says Mercer, a D.C.-based certified living foods chef who runs the health counseling service Nourishing You (Nourishingyou.com). "Once you start eating this way, you'll feel differently, you'll have more energy, and you'll lose more weight," Mercer says, explaining that leaving foods untouched preserves their natural enzymes, which aid in digestion.

The result? The body is left with more energy to fulfill essential functions such as rebuilding muscles and fighting diseases, Mercer says. Another side benefit of raw foods is a glowing complexion. "What you eat affects how your skin looks," she says. "If you're putting in good stuff, what's coming out is good stuff."

ISTOCK

A berry easy recipe: Just wash and eat.

LOCAL FLAVOR

Eating more naturally isn't as difficult — or as blah — as you might think. Sushi and smoothies, for example, are raw staples for some. Mercer doesn't think the average person needs to follow a strictly raw diet, either. To go "50 percent raw," Mercer says, you need eat only two salads per day. Throw in two servings of fruit for breakfast, and "you'd be doing really well."

And if you're not into eating raw meat (or worried about the dangers of E. coli), stick to nuts, seeds, buckwheat, wild race and quinoa, which can also serve as raw protein sources. Those who do eat meat and dairy usually stick with minimal amounts of raw cheese, sushi or carpaccio, Mercer says.

Experimenting with recipes is, perhaps, the most interesting element of a raw lifestyle. Mercer says there are plenty of unexpected ways to use uncooked ingredients — take, for example, her "Magical Chocolate Pudding." She says nobody "ever guesses or even comes close" to identifying the nutritious base ingredient in the indulgent non-dairy dessert: avocado.

KATIE ABERBACH (EXPRESS)

EATING IN

GRILLED CORN AND EDAMAME SUCCOTASH

45 MINUTES, SERVES SIX

INGREDIENTS:

- **4 EARS** corn, shucked and cleaned of silk
- **1 1/2 CUPS** frozen, shelled edamame
- **1 TBSP** olive oil
- **1 SMALL** red bell pepper, cored and diced
- **1 SMALL** red onion, diced
- **1 MEDIUM** shallot, diced
- **2 TO 3 TBSP** sherry vinegar, or to taste
- **1/2 TSP** kosher salt
- **2 TBSP** chopped fresh chives (optional)
- Ground black pepper, to taste

LARRY CROWE/AP

Get your soy fix with buttery edamame.

HEAT A GAS GRILL to medium-high, or light a charcoal fire.

Wrap each ear of corn in foil. Grill for 15 minutes, rolling the corn occasionally so all sides are cooked. Carefully remove the corn from the foil and set aside until cool enough to handle, about 10 minutes.

Using a serrated knife, remove the grilled corn kernels from the cobs. To do this, stand each ear on its wide end, then saw the knife down the length of the cob. Set aside.

Meanwhile, bring a large saucepan of lightly salted water to a boil. Add the edamame and cook until tender, about five minutes, or according to package directions. Drain and set aside.

In a large nonstick skillet over medium heat, heat the oil. Add the bell pepper, onion and shallot. Saute until the vegetables begin to soften, about two to three minutes.

Stir in the grilled corn kernels and edamame. Saute for five minutes. Remove the skillet from the heat, then stir in the vinegar. Season with salt and pepper. Serve sprinkled with chives, if desired. (AP)

167 calories, 9 g protein, 25 g carbs, 5 g fat, 0 mg cholesterol, 179 mg sodium, 5 g fiber

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OBESITY

The DVR Diet Plan

■ Not only are commercials boring, but they're making you fat. At least, that's the upshot of a study published in the journal Psychology. Yale researchers showed kids cartoons with food commercials or non-food commercials. The tykes in the first group chowed down on 45 percent more snacks. In another study, adults who watched unhealthy-food ads consumed more grub than ones seeing commercials highlighting good nutrition.

ALCOHOL

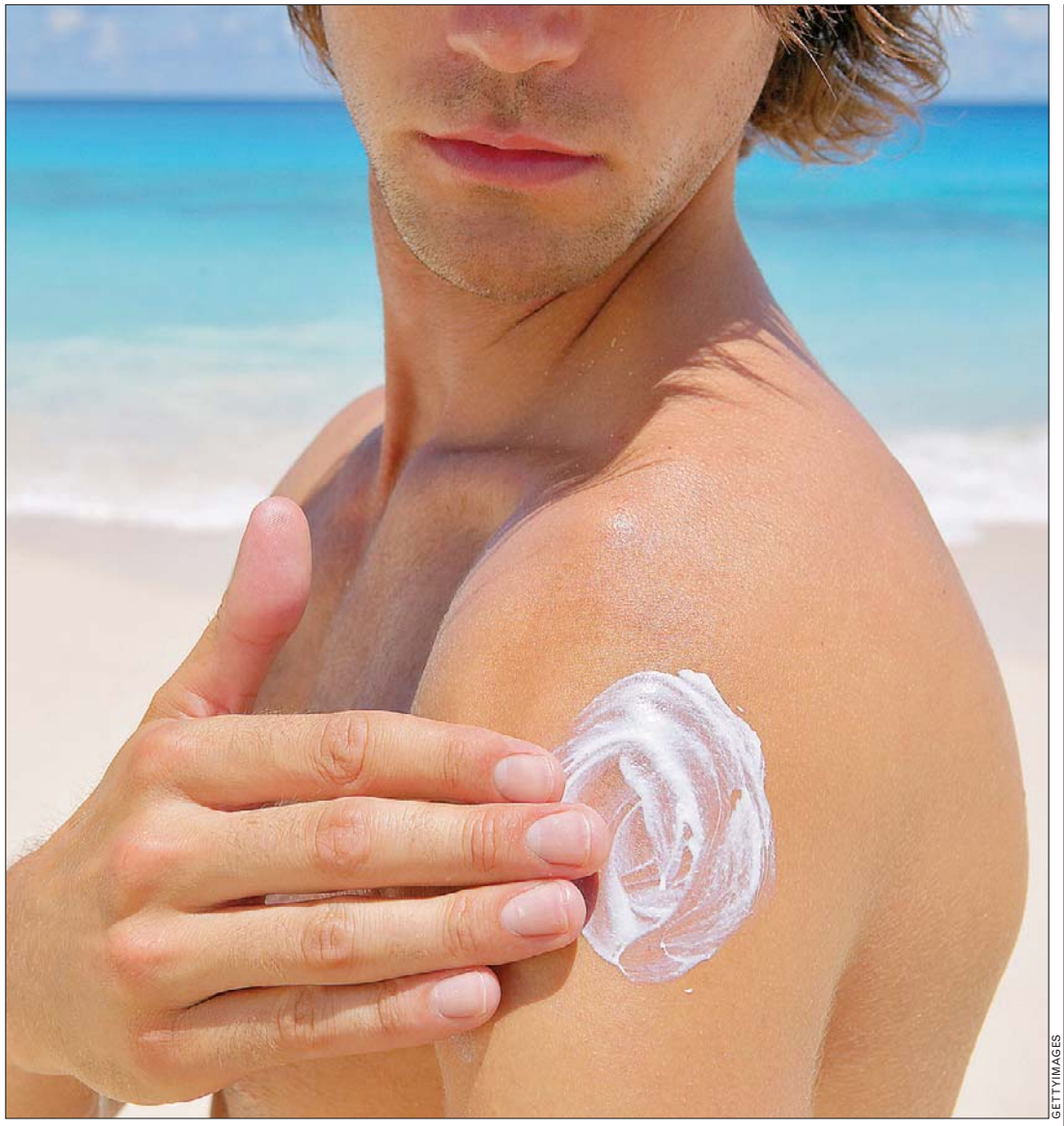
Nursing Those Drinks

■ The biggest shocker to come out of a U.K. study: There are men in Scotland who don't drink. Apparently, according to research published in the Journal of Epidemiology and Community Health, these fellows spent the least amount of time in the hospital. Guys who drank the most were admitted to the hospital 20 percent more — often for stroke, respiratory illness and mental health problems.

CONCEPTION

The Best Medicine

■ You've heard of the apple-a-day thing, right? Now doctors are recommending sex every day — if you're hoping to conceive. An Australian study examined the sperm of 118 men and found that seven days of daily ejaculation improved the quality of it. This may answer the debate over whether it's better to have frequent sex or to mostly abstain (which increases semen volume).



GETTYIMAGES

How to Save Your Skin

Keep melanoma away by making sure your hide is well-protected

More than a million cases of skin cancer occur each year in the United States, including 60,000 cases of deadly malignant melanoma. Melanomas tend to target white men ages 50 and older, but the cancer-causing damage is largely done when these men are in their 20s and 30s.

"Every photon of light can lead to a wrinkle, brown spot or cancer," says William Heimer, a board-certified dermatologist in San Diego. "Protecting your skin should be an everyday thing, like brushing your teeth." Save your hide with these tips.

Watch the Clock

It takes only five moderate sunburns throughout your lifetime to double your melanoma risk. So, be sure to wear sun protection between 10 a.m. and 4 p.m., when the sun's more potent UVB rays are strongest, says Adnan Nasir, a clinical professor of dermatology at the University of North Carolina.

Double Your Protection

"When applying sunblock, imagine you're painting a wall," says Nasir. "You need two coats, and you want to make sure every inch is covered." Apply it 20 minutes before you go out and again every two hours, or each time you sweat or towel off after a swim. We like La Roche-Posay Anthelios SPF 40 sunscreen ($30, Laroche-posay.us), because it provides complete UVA and UVB protection, and contains Mexoryl SX, a compound that won't degrade as quickly in sunlight.

Dress Defensively

"A regular T-shirt has an SPF of about 5," says Heimer. "That means a lot of UV light is filtering through." If you're planning to be outside between 10 a.m. and 4 p.m. — for a round of golf, say — wear clothing with built-in SPF. (Find cool styles at Sundayafternoons.com.) Or sprinkle a laundry aid such as SunGuard (Sunguardsunprotection.com) into your wash. It increases clothing's SPF to 30.

> "Every photon of light can lead to a wrinkle, brown spot or cancer. Protecting your skin should be an everyday thing."

Run on Dunkin'

A 2007 Rutgers University study found that a combination of caffeine and exercise lowered the risk of UVB-induced non-melanoma skin cancer in mice. "It enhanced their bodies' ability to kill off cells damaged by UVB, so they were eliminating precancerous cells from the skin before they caused harm," says Allan H. Conney, a study author.

Save Your Face

"Wear at least an SPF 15 sunblock on your face every day," Nasir advises. That includes cloudy days, too. "UVA rays easily penetrate clouds, glass and most windows," he says. And although these rays won't leave you crispy the way UVB light can, they penetrate the skin more deeply. "Many years of UVA damage is equivalent to a few years of UVB damage," he says.

Stay Out of the Tanning Booth

A visit to the fake 'n' bake nearly triples the risk of squamous-cell carcinoma and almost doubles your risk of basal-cell carcinoma. "Sunlight has a mix of rays, but tanning beds contain mostly UVA rays," says Nasir. "Fifteen minutes is like four hours in the July sun."

JENNA BERGEN (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

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The ideal candidate will be detail-oriented, possess a proficient working knowledge in Microsoft Office products, Internet researching, and database management, and be able to work in a fast paced environment. Strong verbal and written communication skills, excellent organizational and multitasking abilities, as well as a professional demeanor with a positive attitude are required.

The candidate will also have demonstrated research skills and experience in examining issues concerning religious freedom in foreign countries. Work experience in this field is an asset.

The Commission is an independent federal commission created by Congress to monitor religious freedom throughout the globe and make recommendations to the President, Secretary of State, and Congress. Commission employees are federal government employees. This position has full benefits and competitive compensation. Please send cover letter and resumes to Jacqueline Mitchell at **administration@uscirf.gov**. For further information about the Commission, please visit our Web site at **www.uscirf.gov.** NO PHONE CALLS.

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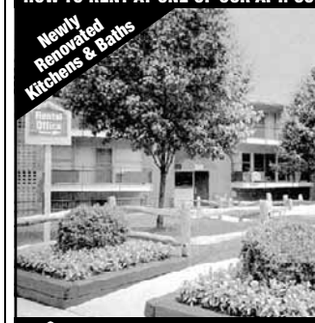

DISTRICT HEIGHTS
Valleybrook Apartments
- Wall-to-Wall Carpet
- Private Patio or Balcony
- Individually Controlled Heat & AC
- Large Playground & Swimming Pool
- Bus stop at entrance to community
- Near Metro Shopping & Schools

888-230-3575
2128 County Road
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MANAGEMENT CORP
*See Manager for Details

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Apartment Homes
1,2 & 3 Bedrooms
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City convenience with suburban charm
- 6 Spacious Floor plans
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- Clothes Care Center in Each Building
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kingsgardens.net
A Southern Management Community

RENTALS

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1 BEDROOM BLOWOUT
- Large swimming pool/tennis courts
- Walking distance to shopping
- Beautiful manicured lawns
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- Window in kitchen & bath
- Controlled access doors
- Free After School Program (ages 5 thru 12)
- On site laundry rooms

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1st Mo Rent $5
*Appl Fee Applied Toward Rent On Approved Credit Restrictions Apply
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www.theparkforest.com
EQUAL HOUSING OPPORTUNITY
M-F 9am-6pm • Sat 10am-5pm • Sun-CLOSED

FOREST**VILLE,MD.** EHO
1 MONTH FREE!*
Why Look Anywhere Else?
- Large floor plans
- Lots of closets
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- Minutes to DC, I-495
- Convenient Penn. Ave. location

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*limited time offer on select apts.

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2 & 3 BRs starting at $999
PLUS-
SAVE $500!
* Walk-in closets
* Full equipped kitchen
* Patios & balconies
* Convenient to 495 & 295

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Fort Washington, MD 20744

FREE RENT SPECIAL!
1BR $799
2BR $1099
$0.00 base deposit with approval credit and $150.00 holding fee.

2428 Corning Avenue
Fort Washington, MD 20744
Office 301-630-1300
Hours: M-F 9-7pm, Sat 10-5pm, Sun 12-5pm
Restrictions apply

GAITHERSBURG: Spacious 4 BD, 3 full BA, kit, f/p, d/r, huge fin bsmnt, deck & screened-in porch, lrg yard, 2 car gar, public trans, $2240 . HOC welcome. **Call 301-219-7764**

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Apts in Greenbelt Have It All!
Apts starting at $ 769*
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5% dn, 15 yrs @ 8% apr
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OPEN HOUSE 3p-5p on 7/12.
Call 301-257-5126.

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Move-In Specials
Immediate Occupancy
1BRs $665
2 BRs
starting at $729
3 BRs
starting at $899
Electric/Gas Not Included
Close to public transportation & shopping center
Call now for details
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Open Sundays 12-5pm

Largo—$1650 3BR/2BA condo nr PGCC W/D/DW 3-4 buses WW patio pool 2/299-6275

NE - 1BR & 1BR w/enclosed back porch. $708 & up . No pets allowed**Call 202-265-4814** or **202-629-2606 Fred A. Smith Co.**

N.E., DC— 4209 Dix St. NE newly renovated 1 Br apt, central heat, new appliances and carpet, sec 8 welcome. $1100/ mo. Call Jerome. 202-321-5596

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869 21st St
1 BR $745
2BR $845
- FREE UTILITIES
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- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

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1BRs $844
- New kitchens with dishwasher
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- Alarm systems avail. in select apts
- On bus line

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*min income requirement	$35,384
Max income for 1 person	$43,140
Max income for 2 persons	$49,239

- *Horning Brothers welcomes housing choice vouchers where rental amounts are within voucher limits.*

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Save $1200 w/1 yr lease
1 + 2 Bedrooms
Ready for Immediate Occupancy
Apply today pay no App Fees
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FREE UTILITIES!
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OAKTON, VA:immac 2br condo, lg liv area, updated kitchen, new carpet, fireplace, patio included, pool, near Metro/ I-66, $1295/mo.**703-772-5155**

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Beautiful Kitchens - Granite Countertops
- Fitness Center on Property
- Beautiful Kitchens-Granite Countertops**
- Washer/Dryer**
- Outdoor & Indoor Pools
- Free 6 week summer camp

Call Now For Our FANTASTIC SPECIAL*
*Call for details **Select Units

Riverdale Village
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5409 Riverdale Road • Riverdale, MD 20781
- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling *select units
- 1, 2, & 3 BR AVAILABLE.
- HUGE 2 BR TOWNHOMES

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- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
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- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

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OXON HILL
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- Swimming pool
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- Private balconies/patios
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- Gated Community
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- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- **FREE APP FEE W/THIS AD**

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- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

*1 BR Only

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721 Chillum Road • Hyattsville, MD 20783
- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
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- Convenient to shops, schools and I-495

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UNDER NEW MANAGEMENT

Great Value! Affordable Living!

1 & 2 BRs fr $770

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2000 Ridgecrest Ct., SE
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Move in Before July 1st and Receive A FREE Air Conditioner Unit!!!

2 & 3BR Duplexes Starting at $1100

All Utilities Included!!

* Newly Renovated Apartment Homes
- Large floorplans
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1-888-415-2076

1BR with Bay Window $850
1BR with Balcony $900

ALL UTILITIES INCLUDED!!!

* Spacious Floorplans and Closet Space
* Electronic Entry System
* Balcony or Patio
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301-294-9448

1BR: $950
2BR: $1050

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***Great Location**
***Remodeled kitchens**
***wall to wall carpet**
***Walk to Metro**
***On Metro bus route**
***Convenient to shopping and dining**

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SE

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1BR starting at $660

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2BR starting at $825

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2 BR from $775

Move in the Month Of July and Receive YOUR Choice of a FREE A/C Unit or $250 Off Your 1st Month's Rent!!!

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- **TOTALLY RENOVATED PROPERTY**
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*Must move in within 30 days of application.
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SE

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1BR From $805

- Beautiful Hardwood Floors
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- Accessible to Downtown DC & Outlying Areas

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SE eho

YOU CAN'T BEAT OUR SPECIALS!
HUGE RENOVATED
1&2 BRs from $725
NO APP FEE/$99 DEPOSIT

Friendship Court Apartments

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Professionally Managed by CIH Properties, Inc

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Come and see what the excitement is all about!

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No Application Fee on 1 BRs until June 20th!!
***$25.00 OFF 1st Month's Rent on 1 BR's!!**
Must move in by June 30, 2009*

- Completely Renovated
- Large rooms w/wall to wall carpet
- Pools & Playground
- Laundry Rooms

*Call Immediately!
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Near Bolling AFB
Professionally managed by CIH Properties, Inc.

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New Horizon
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1BR: $745

Great Location....
Great Apartments.....
Great Price!

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SE

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Southeast DC

4th Street & Mississippi Avenue
3200 E Street
1800 Minnesota Avenue
All w/central air

1 BRs from $730 - $860
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First Month Free
Some Restrictions May Apply
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1 BEDROOM GARDEN APTS
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- Spacious Floor Plans
- Central A/C
- Dishwasher
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- All New Kitchens & Baths
- Ample closet space
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1BR Starting at $720
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$99 Security Deposit!

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- Small Pets are Welcome
- Se Habla Español

Edgewood

Limited Availability, Restrictions Apply *On Selected Apartment Homes
EQUAL HOUSING OPPORTUNITY

RENTALS

SUITLAND

1-BRS from $800*
2-BRS from $950*
Newly Renovated 2 BR $1025

$99 MOVES YOU IN

W/THIS AD-must move in by June 30th

5% Discount to
Military, college students, teachers, firemen & police.
Minutes to Andrews, Metro & Shops
Pets allowed with restrictions

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(866) 414-2477

Open Late Tu/Th 10am-7pm
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SPECIAL LOW DEPOSIT!
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Remodeled w/new Kitchens

- **DIRECTLY ACROSS FROM METRO!**
- Hardwood floors, Mini-blinds
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- ***plus deposit. Call for details**

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2 Blocks to Metro
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starting at $850

- Washer/dryer in every apartment
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- 2 blocks to Suitland & Addison Rd. Metro

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2641 Shadyside Ave
Suitland, MD 20746

SW

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125 Ivanhoe St. SW
Washington DC 20032

1 Bedrooms $725 plus Electric
2 Bedrooms $825 plus Electric

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Suitland, MD EHO

***HUGE* Apartments**

1 BR $880
2BR $1025
3 BR $1250

- **Washer/dryer in all apts.**
- **Oversized Closets**
- **Large balconies for relaxing**
- **On Metro bus line**

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- Play grounds and picnic areas
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- Private balconies patios available in some units

Floor Plans:
Efficiency, 1 BR, 2 BRS

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Washington, DC 20032
Office Hours: Mon-Fri 8:30-5:00; Sat 9:00-3:00

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BELFORD TOWERS APARTMENTS

2 Bedrms Start at $1,041

ASK ABOUT OUR SPECIALS!
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866-485-9179

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www.beaconmanagement.com

Pricing & Specials are subject to change. Specials are applied to seledted floorplans
Equal Housing Opportunity

Temple Hills

Oxon Park and
Oxon Terrace Apts

1Bedrooms $735/$805
2Bedrooms $845/$925

Super Special. On Our
One bedrooms
Move In By June 30th
Get 1/2 Off 1st Month's Rent

Ready For Immediate Occupancy--HURRY!!!
- All Utilities & AC Included
- Off Street Parking
- Wall to Wall Carpet
- Two Blocks from Southern Ave Metro.

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1 1/2 MONTHS FREE

- Spacious rooms & closets
- Dishwasher
- Free Brinks Alarm System
- Convenient to Shopping
- Free Gas Heat & Cooking

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Temple Hills, MD 20748

*on select apts, ask for details

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1 Bedroom 1 Bath from $799
2 Bedroom 2 Baths from $1105
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www.heatherhillapts.com

- Metrobus stop outside your front door
- Brand New Business/ Entertainment Center
- Spacious Floorplans w/ large closets
- Swimming Pool
- Small Pets Welcome

Temple Hills EHO

1 & 2 BR
starting at $825

- Luxury high-rise apartments
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- Laundry facilities on every floor level

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1 BDR starting at $760

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- All Credit Considered
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- Cathedral Ceilings
- Walk to Shopping
- Shuttle to UM

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ANNANDALE- SFH Lrg BR, shr Kit. other Lrg rm, Fios internet $600, util incl. inside Bltwy. **703-256-2584**

ARL- Shr hse. Near Ballston Metro. Immed. Rm $550. Rm $675. Rm, priv ba/entry $795 + utils. **703-599-7572**

BETH—Prof M share 4BR hse nr NIH. Pvt entr & BA; cac; w/d; lrg yd; no pets; avail now. $550+ $201 utilities/phone/cbl. Metro. **301-530-8947**

Capitol Heights - Clean rm in SFH to shr, cable. $150-$200/wk. Call **240-595-9945 or 301-440-9733**

DC/NE - $600—Prof F. Furnd rm. Shr BA & kitch. N/S. quiet neghbrhd Nr Metro. Utls incl'd. **240-463.1027**

FT WASH. Beautiful house to share $125-$225/week includes utilities. Get 1 Week FREE **Call 240-565-8451 or 571-283-2422**

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Herndon—$1000,Inc. All Util. F Non-Smoker,Share with Prof. Male, no pets, 2 br, 2 bath Apt. New Bldg. Opens 1 Aug. PLM 703-880-1909

Hyattsville - Large room in shared house. Close to Metro, no smkg, no pets, $500/mo. **CALL 410-476-1665500**

Laurel—$475 M/F Prv BR, shr kit, bath, LR, FR, w/d, utl, OR $750 for M/F Prv BR w/ prv. ba, den, shr kit, LR, FR, w/d, utl 240-281-1535

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lookout

Things to Love About It

ABC Family's series '10 Things I Hate About You' has at least 10 positive traits

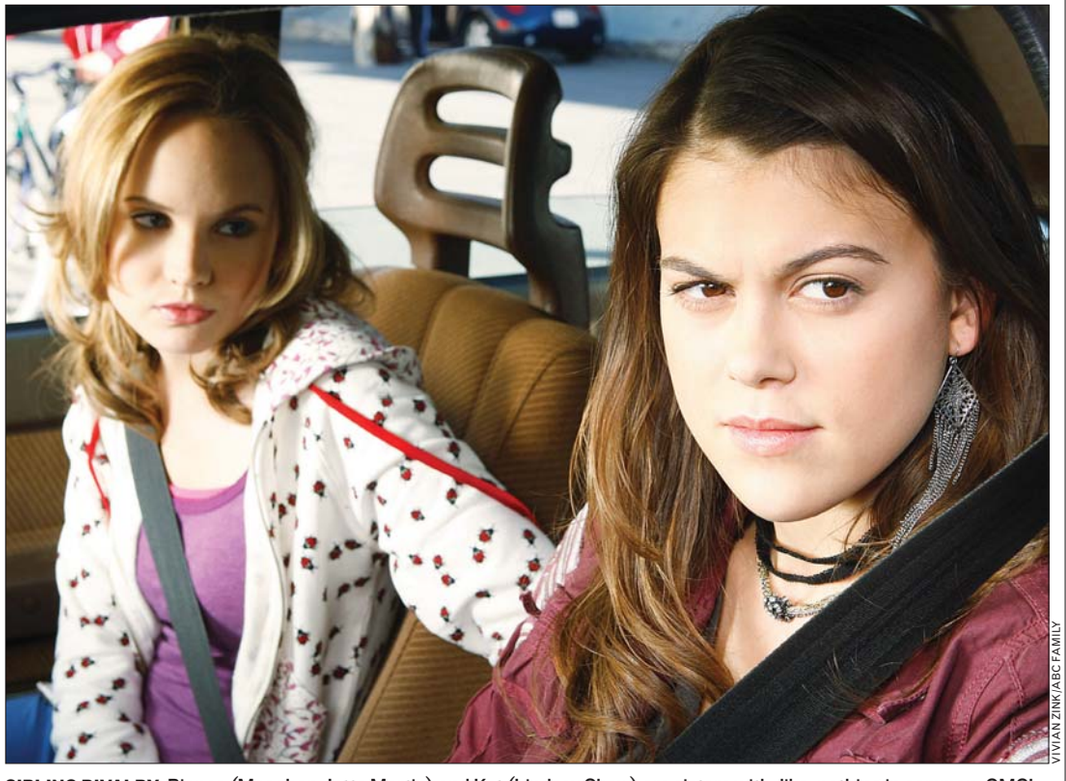
1) ABC Family chose a solid option from the myriad late-'90s teen-oriented comedies to adapt. Like "Clueless," it was adapted from classic literature, in this case Shakespeare's "The Taming of the Shrew." It also provided the breakout role for subsequent Oscar winner Heath Ledger.

2) While the show is derivative at moments, it at least chooses worthy subjects of emulation. The popular girls at the high school present an appearance- and status-obsessed unified front worthy of (and undoubtedly inspired by) "Mean Girls."

3) Although a decade has passed since the film's release, Larry Miller returns to reprise his role as Walter Stratford, Kat and Bianca's widowed father. He's as loving and overprotective as ever.

4) Kat dresses like a grunge-rock acolyte, despite the fact that it's been some time since alt-rock ruled the radio airwaves. This works well as a rebellious fashion choice.

5) Similarly, goofy nerd Michael (Kyle Kaplan) has adopted an accessory-heavy emo look for his return to school.



VIVIAN ZINK/ABC FAMILY

SIBLING RIVALRY: Bianca (Meaghan Jette Martin) and Kat (Lindsey Shaw) are sisters with, like, nothing in common. OMG!

6) Kat's potential love interest, Patrick Verona (Ethan Peck, grandson of Gregory), broods and rides a motorcycle, already qualifying him as a better bad-boy heartthrob than Jordan Catalano on "My So-Called Life."

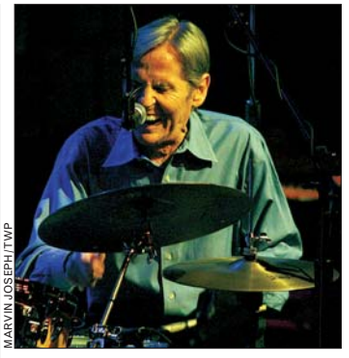
7) Fans of "Twilight"-style prolonged, angst-ridden courtships will enjoy the initial stages of Kat and Patrick's relationship. They don't speak to one another much, but they do exchange lots of lengthy eye contact.

8) "10 Things I Hate About You" actually features diversity in its central roles. Overbearing head cheerleader Chastity (Dana Davis) is not a willowy blonde, but a petite black female, and her second in command is an Asian-American.

9) The one obvious all-American type, blond jock Joey (Chris Zylka), is played for laughs. He neglected his summer football training in favor of pursuing modeling, only to be relegated to the second string when the season begins.

10) "10 Things" also boasts a refreshingly cynical view of school administrators. After calling Kat and Chastity into her office after an altercation, Principal Holland (Suzy Nakamura) consoles the "injured" Chastity, who has a powerful father on the school board. She informs Kat that upholding fairness is not a priority, but keeping her superiors placated is. MEG ZAMULA

➜ *"10 Things I Hate About You" premieres tonight at 8 p.m. on ABC Family.*



MARVIN JOSEPH/TWP

Levon Helm is one of the few famous drummers who doubles as a vocalist.

Return of The Band Member

Levon Helm releases a strong solo album showcasing his health

MUSIC | If there's one thing a good drummer knows, it's the power of a groove, and Levon Helm has them in spades on "Electric Dirt," his second album since recovering from throat cancer.

Helm's upped the rock energy here, taking him even closer to that timeless Americana sound he and his mates in the Band helped create four decades ago. The sources of that sound are evident in the earthy blues of Muddy Waters' "You Can't Lose What You Ain't Never Had" and Happy Traum's ethereal ballad "Golden Bird."

Helm's voice has lost almost all traces of the cancer-treatment damage that was periodically evident on 2007's "Dirt Farmer." He sings of the land and of people who struggle to hold onto some piece of it. It's especially powerful considering how he's transcended significant struggles of his own. RANDY LEWIS (LOS ANGELES TIMES)

CASTING **The 'SNL' Gang's All Here** Add another party guest to the "Saturday Night Live" reunion taking place on the set of the Columbia comedy "Grown Ups." Tim Meadows, a 10-year "SNL" alum, joins former colleagues Adam Sandler, Maya Rudolph, Rob Schneider, David Spade, Chris Rock, Norm Macdonald, Tim Herlihy and Colin Quinn in the comedy about high school friends who get together 30 years after graduation. Sandler wrote the script with Fred Wolf. (THE HOLLYWOOD REPORTER)

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Cranky Becomes Him

Son Volt's 'American Central Dust' is solid thanks to the moody, awesome Jay Farrar

J. WAGNER AND S. WAUGH

Jay Farrar, center, lets it all out in his tone and lyrics on "American Central Dust."

MUSIC | It's been 15 years since Uncle Tupelo broke up, and the disparity between the career trajectories of Jeff Tweedy and Jay Farrar is painfully obvious: Wilco is nearly a household name, while Son Volt feels more like a footnote of the Uncle Tupelo legacy.

On Son Volt's latest, "American Central Dust," Farrar's gravelly sigh sounds even more drained than usual. He alludes to Keith Richards' infamous snorting of his father's remains on "Cocaine and Ashes," but the song is really more about Farrar's voice than about the Rolling Stones guitarist. With a heavy moan, his confession, "I've been told I had six months to live/but I've outlasted them all," sounds neither relieved nor enthused. Instead, he just sounds fed up.

That's the tone for most of "Dust": Farrar sounds either dejected or hungover (or both). While his band rumbles with a bubbling energy on "When the Wheels Don't Move," Farrar sounds pissed off. But his tone matches the songs' topics: "Wheels" addresses the decline of industrial America, revealing a songwriter who is remarkably literate behind his gruff, disinterested facade. "Sultana" tells the story of the explosion of the SS Sultana in 1865, the most fatal maritime disaster in this country's history, and Farrar captures the gravity of the situation with a deliberate pace.

> Farrar sounds pissed-off. But his tone matches the songs' topics.

It's a sound that works particularly well for Farrar — he is in rare form throughout, and his dry tone is just a developed version of what made his voice so compelling back in the days of Uncle Tupelo.

CATHERINE LEWIS

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Widely Televised Farewell

NBC joins the slew of networks devoting the day to Jackson's memorial service

JOE CAVARETTA/AP

Michael Jackson will be remembered today at Los Angeles' Staples Center.

COVERAGE | NBC executives changed their minds Sunday and decided to join other networks that will televise Michael Jackson's memorial service live this week.

NBC joins ABC, CNN, MSNBC and E! Entertainment in offering the ceremony live. It's set for 10 a.m. PDT today at Los Angeles' Staples Center.

NBC had initially planned only a one-hour prime-time special on Tuesday night but said Sunday it would also cover the event live. It was not immediately clear who would anchor.

Charles Gibson will anchor coverage for ABC, which is setting aside its typical daytime programming.

CBS anchor Katie Couric will be at the Staples Center, although the network had not yet said whether it was offering live coverage of the memorial service.

CNN has seen its ratings soar with the Jackson story, and it will show the service on the main network and HLN (formerly Headline News). CNN International will air the ceremony to the rest of the world. Anderson Cooper, Larry King and Don Lemon are the anchors for CNN coverage.

E! Entertainment will cover the ceremony on its television network and its Web site. (AP)

The Decade of Del Toro Looms

The 'Pan's Labyrinth' director has years of cinematic whimsy booked for the future

FILMMAKER | Fantasy and horror fans, prepare yourselves for the decade of del Toro.

On the far side of the globe, in New Zealand, filmmaker Guillermo del Toro is in his seventh month of preproduction on "The Hobbit," a $300 million epic that will be told over two films to be released in 2011 and 2012. But you can also find the Guadalajara, Mexico, native now on the shelf of your local bookstore with his debut novel, "The Strain," which is the opening installment of a vampire trilogy he has already fully mapped out.

That's only the beginning. The 44-year-old del Toro, who was nominated for an Oscar for the dark fairy tale "Pan's Labyrinth" and has shown his crowd-pleasing sensibilities with the "Hellboy" films, also has plans to reanimate some musty and monstrous literary classics by making a "Frankenstein" film and an adaptation of the H.P. Lovecraft epic "At the Mountains of Madness," a project he breathlessly refers to simply as "my obsession."

That would seem to be a full enough plate for anyone, but he recently admitted he's got another one to add to the pile: "I think after 'The Hobbit,' my next project may actually turn out to be 'Drood,'" he said, referring to the 2009 novel by Dan Simmons that presents Charles Dickens at the center of an occult mystery in 1860s Victorian London. Del Toro has also talked about adapting "Slaughterhouse-Five," Kurt Vonnegut's surreal antiwar tale of time travel.

STEPHEN OSMAN/LOS ANGELES TIMES

Del Toro hopes to take on "The Hobbit," "Drood" and "Slaughterhouse-Five" soon.

If you're keeping track, that would have del Toro tied up well past 2015 and perhaps into 2017. He is also flirting with other projects ("Pinocchio," "Dr. Jekyll and Mr. Hyde" and a third "Hellboy" film have been mentioned at various times), but perhaps only in the role of producer.

Del Toro also has plans to reanimate some musty and monstrous literary classics.

In nine months, he will begin shooting "The Hobbit." When asked what he wants to accomplish with the film, del Toro said: "What I want to do is make the best movie I have ever done." GEOFF BOUCHER (LOS ANGELES TIMES)

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ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1220 255) 520 745 1010
MY SISTER'S KEEPER (PG-13) (130) 415 705 945
OC & DA: TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (150 PM) 830 PM
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1150 1250 120) 310 410 440 510 630 730 800 950 1050
YEAR ONE (PG-13) (1140 AM) 515 PM 1040 PM
THE PROPOSAL (PG-13) (145) 435 720 1000
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (240 PM) 810 PM
HANGOVER (R) - ID REQ'D (1130 100 200) 330 500 640 750 935 1030
UP (PG) (135) 400 650 920

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1230 125 255 350 520) 615 745 1010
PUBLIC ENEMIES (R) - ID REQ'D ★ (1235 255 355) 625 740 935 1040
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1200 225 450) 715 940
MY SISTER'S KEEPER (PG-13) (135 430) 755 1035
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1145 1215 115 310 340 410 440) 630 700 730 800 1000 1030
YEAR ONE (PG-13) 845 PM
THE PROPOSAL (PG-13) (105 400) 655 945
AWAY WE GO (R) - ID REQ'D (100 PM) 620 PM 900 PM
STAR TREK (PG-13) (1245 PM)

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

PUBLIC ENEMIES (R) - ID REQ'D ★ (1245 125 400 440) 710 750 1020
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1150 220 500) 730 1000
ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1040 1120 110 150 340 420) 610 650 920
MY SISTER'S KEEPER (PG-13) (1110 200 445) 735 1025
OC & DA: TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (230 PM) 930 PM
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1100 1140 1220 100 140 310 350 430 510) 600 640 720 800 840 1010
YEAR ONE (PG-13) 840 PM
THE PROPOSAL (PG-13) (455 PM) 745 PM 1035 PM
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1200 240 520) 810
HANGOVER (R) - ID REQ'D (1130 130 210 410 450) 700 740 950 1030
UP (PG) (1250 330) 620 900
NIGHT AT THE MUSEUM II (PG) (1050 AM 130 PM)
STAR TREK (PG-13) (205 PM)

Free Family Film Festival - Today 10AM

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

RW & DA: ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1130 155 420) 645
PUBLIC ENEMIES (R) - ID REQ'D ★ (1030 1200 130 315 445) 630 800 940
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1220 245 510) 735 1000
ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1045 100 325 545) 810 1030
MY SISTER'S KEEPER (PG-13) (1110 140 415) 655 935
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1030 1145 1230 115 145 215 300 345 430 500 545) 615 700 745 820 900 930 1015
THE PROPOSAL (PG-13) (1205 135 235 505) 640 740 1010
YEAR ONE (PG-13) (425 PM) 915 PM
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D 955 PM
HANGOVER (R) - ID REQ'D (1155 220 405 440) 715 910 1020
UP (PG) (210 450) 725 950
NIGHT AT THE MUSEUM II (PG) (1125 AM 200 PM) 650 PM
STAR TREK (PG-13) (1115 AM)
INKHEART (PG) (1000 AM)
CURIOUS GEORGE (G) (1000 AM)

Free Family Film Festival Tue & Wed 10AM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

PUBLIC ENEMIES (R) - ID REQ'D ★ (1140 1240 200 300 400 520) 620 720 830 940 1040
ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1245 125 155 310 350 420 535) 615 640 800 840 920 1025
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1200 225 450) 715 945
MY SISTER'S KEEPER (PG-13) (120 415) 700 1000
OC & DA: TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (250 PM) 930 PM
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1130 1250 140 210 330 410 500 530) 610 650 730 820 850 1010
YEAR ONE (PG-13) (1230 340) 630 910
THE PROPOSAL (PG-13) (135 430) 710 950
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (150 440) 740 1020
AWAY WE GO (R) - ID REQ'D (1150 230 510) 750 1030
HANGOVER (R) - ID REQ'D (1145 220 455) 735 1005
UP (PG) (105 345) 640 920
NIGHT AT THE MUSEUM II (PG) (130 420) 655 935
STAR TREK (PG-13) (1210 PM)

Free Family Film Festival Tue & Wed 10AM

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1200 225 450) 715 940
ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1240 125 300 350 520) 620 800 840
PUBLIC ENEMIES (R) - ID REQ'D ★ (1120 1220 240 340) 600 700 910 1005
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1130 1210 1250 210 250 330 410 530) 610 650 730 850 930 1010 1050
RW: TRANSFORMER'S: REVENGE OF THE FALLEN (PG-13) (1015 140 500) 820
MY SISTER'S KEEPER (PG-13) (150 430) 745 1030
THE PROPOSAL (PG-13) (1030 110 420 540) 720 810 945 1045
YEAR ONE (PG-13) (1150 AM 230 PM)
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D 1015 PM
HANGOVER (R) - ID REQ'D (1140 200 440) 640 750 920 1025
UP (PG) (1230 320) 630 900
NIGHT AT THE MUSEUM II (PG) (1245 PM 315 PM)
STAR TREK (PG-13) (1115 AM)

Free Family Film Festival Tue & Wed 10AM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1200 225 450) 715 940
ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1130 1230 100 155 255 325 420 520 550) 645 745 815 910 1010 1040
WHATEVER WORKS (PG-13) (110 400) 640 920
IMAGINE THAT (PG) (1220 PM)
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (340 PM) 725 PM 1015 PM
AWAY WE GO (R) - ID REQ'D (1150 230 510) 740 1020
UP (PG) (1145 1245 215 350 500) 630 730 900 1000
NIGHT AT THE MUSEUM II (PG) (1120 205 435) 705 950

Free Family Film Festival Tue & Wed 10AM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

ICE AGE: DAWN OF THE DINOSAURS (PG) ★ (1100 1145 130 230 400 500) 645 730 915
PUBLIC ENEMIES (R) - ID REQ'D ★ (1200 100 315 415) 630 715 930 1015
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1015 1245 330) 600 815 1030
MY SISTER'S KEEPER (PG-13) (1120 210 445) 740 1020
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1000 1030 1115 1215 115 200 245 345 430 530) 615 700 745 845 945 1045
YEAR ONE (PG-13) 1000 PM
THE PROPOSAL (PG-13) (1230 300) 610 900
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D 950 PM
HANGOVER (R) - ID REQ'D (215 515) 800 1040
UP (PG) (1045 140 440) 710 940
NIGHT AT THE MUSEUM II (PG) (1240 PM 350 PM) 650 PM

Times For 07/07 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2009 www.REGmovies.com

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COURTESY NATIONAL GEOGRAPHIC

top stops

Compiled by Express' Fiona Zublin. Read more of our picks every day at **Expressnightout.com/topstops.**

1 Expat Chic

The National Geographic Museum is tapping into everyone's love of rich tourists from the mid-20th century with "Kodachrome Culture," a new exhibit showcasing photos of Americans sunning themselves on European beaches, reading in cafes and generally doing what you wish you were doing right now. The photos depict the kind of sunny, colorful world that exists only far from home. F.Z.

→ *National Geographic Museum Explorers Hall, 1145 17th St. NW; through Sept. 7, free; 202-857-7588. (Dupont Circle)*

COURTESY TWP

3 History With a Beat

D.C.'s Hip-Hop Theatre Festival has taken over the Kennedy Center's Millennium Stage with "Voices: Remix." Authors and activists — including historian Howard Zinn and hip-hop artist W. Ellington Fenton — will gather to use music to bring little-known stories of American history to life. The whole shebang will be accented by DJ Earth. F.Z.

→ *Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)*

2 Drunk Detectives

If you've never seen the "Thin Man" movies, you're in for a treat. This 1930s series covers the adventures of a wealthy husband-and-wife detective team whose pastimes are trading wisecracks, uncovering clues and drinking — all the time. Apparently, back then, drinking scotch at 11 a.m. didn't make you an alcoholic; it made you suave. See the first in the series, "The Thin Man," tonight at the AFI Silver Theatre. F.Z.

→ *AFI Silver Theatre, 8633 Colesville Road, Silver Spring; 5 p.m., $6-$10; 301-495-6720, Afi.com/silver. (Silver Spring)*

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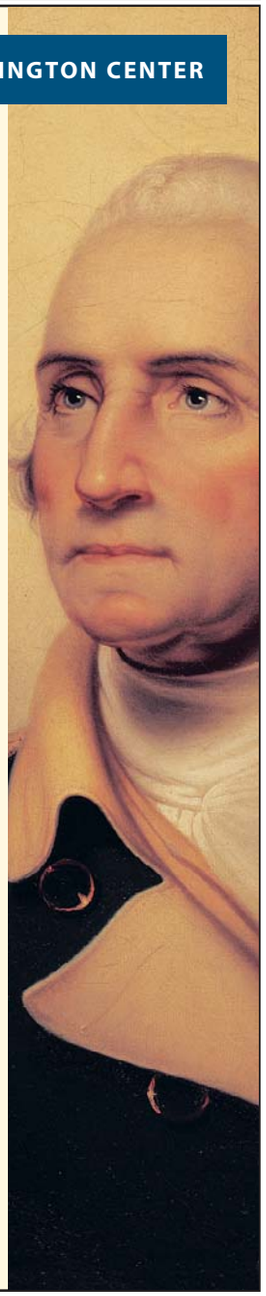

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www.clinicaltrials.gov

If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in an NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

This study evaluates the effectiveness and safety of the study drug AZD2327, in the treatment of major depression and anxiety symptoms. This drug has a different mechanism of action from commonly used SSRI's (selective serotonin reuptake inhibitors) for anxiety and depression. *There is the chance of receiving placebo in this study.*

After study completion, NIMH will provide short-term follow-up care, and then you will return to the care of your own provider.

Participants should:
- Be ages 18-65
- Be diagnosed with major depression and have anxiety symptoms.
- Be able to participate in a 12 week-outpatient study including an inpatient stay of 7 days in Bethesda, MD.

In addition, all research participation is without cost.

- **Monetary compensation for procedures.**
- **Transportation reimbursement provided.**

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The National Institutes of Health, Department of Health & Human Services
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Hot on A Trail of Oddities

COURTESY SYFY

Secret Service agents Myka and Pete star in the new show "Warehouse 13."

WHIMSY | "Warehouse 13" (9 p.m., SyFy) debuts tonight as a new show on an old network (Sci Fi) with a new name.

After a near-assassination at a museum opening, two mismatched Secret Service agents find themselves exiled to a remote repository of exotic items. Pete (Eddie McClintock) has the loose manners of a basketball star and a habit of following his instincts. Myka (Joanne Kelly) follows the rules to the letter. She loves her GPS, because it tells her exactly where she's supposed to be.

But now, Myka is assigned to Secret Service agent Artie Neilsen (Saul Rubinek), the wizard-like caretaker of Warehouse 13, a remote storage unit in the Dakota badlands where every bit of odd technology and unexplained phenomenon has been locked away for study and safekeeping.

"Warehouse" has fun with its preposterous premise. Its blend of science fiction, historical whimsy and fantasy inaugurate the programming and perhaps the tone of the newly rechristened SyFy Network. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

'AMAZING RACE' KNOCKOFF
Seven families compete at popular tourist sites on the new reality series **GREAT AMERICAN ROAD TRIP** (8 p.m., NBC).

VIOLENT BUT FUNNY
Brad Pitt and Frances McDormand star in the Coen brothers' 2008 CIA comedy **BURN AFTER READING** (8 p.m., HBO).

THAT'S DEBATABLE
Auditions continue on **AMERICA'S GOT TALENT** (9 p.m., NBC).

BUNDLE UP!
DEADLIEST CATCH goes way up north (9 p.m., Discovery).

NOT A SECRET ANYMORE
Scheduled on **PRIMETIME: FAMILY SECRETS** (10 p.m., ABC): a sex-change procedure.

NOT ANOTHER TEEN SERIES
10 THINGS I HATE ABOUT YOU (8 p.m., ABC Family) becomes its own sitcom.

PROP HIM UP
Franco needs support on **RESCUE ME** (10 p.m., FX).

PAUL DRINKWATER/NBC

The Katzenberg family participates in NBC's "Great American Road Trip."

'BRUNO' PROMOTION
Sacha Baron Cohen and Rob Thomas appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

HOT LINEUP
Conan O'Brien hosts Samuel L. Jackson, Kevin Connolly and Andrew Bird on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

A Basic Matter of Taste

'10 Hyundai Genesis coupe is devoid of any real inspiration

TACKY | In the beginning, there was Hyundai, and it was without form, and darkness was upon the face of the brand.

And it's still pretty dark.

Yes, we're all impressed with Hyundai's robust sales numbers, the company's 10-year warranty and the new Hyundai Genesis sedan, which was voted 2009 North American car of the year by a group of influential automotive journalists who were found sleeping under a bridge.

But what does the brand mean? If anything, the cursive H stands only for a kind of predatory cheapness that undercuts Honda/Acura and Toyota/Lexus. As cars like the Azera and Sonata demonstrate, in a coldly calculated dollar-for-value comparison, you just can't beat a Hyundai.

So, what? Hyundai is a brand utterly devoid of romance, poetry or inspiration.

That's why, above and beyond the particulars of cornering grip and acceleration, the new Hyundai Genesis coupe is a good idea. This company can spread all the high-tech marmalade it likes over its cars, but until it starts fashioning an emotional backstory, a creation myth of its own, the brand will never embody anything more than likable appliances.

I know where the cost-savings came from: the interior, which is rendered in varying textures of "ick" and "oh, my God," a smorgasbord of paint-coated plastic and injection-molded tackiness that represents a huge backward step for the usually tactilely obsessed Hyundai.

As for its looks, well, it's a bit of a Halloween fright. With the headlights pulled back weirdly over the fenders and the grille aperture pulled at the corners like a mouth that can't close, the Genesis coupe appears to have suffered the world's worst face-lift. This car, obviously, has passed through the entrails of corporate groupthink a few times, and it shows every sign of being fussed over.

Of course, styling is a matter of taste. If you have any, you won't care for this. DAN NEIL (LOS ANGELES TIMES)

COURTESY OF HYUNDAI

The Genesis coupe comes with two engine options: a 2.0-liter turbocharged four-cylinder (210 hp) and a 3.8-liter V-6 with 306 hp.

NUTS & BOLTS

→ '10 HYUNDAI GENESIS COUPE

$30,250

Powertrain: 3.8-liter DOHC V-6 with variable valve timing and two-stage intake manifold; six-speed automatic transmission with manual shift mode | **Wheelbase:** 111 inches | **Measurements:** 182.3 inches long, 3,400 pounds | **Horsepower:** 306 at 6,300 rpm | **Torque:** 266 at 4,700 rpm | **EPA Fuel Economy:** 17 mpg city, 27 mpg highway

DISCUSSIONS

REAL WHEELS

I'm a 24-year-old working professional with a little bit of money saved up. It's time for me to move on from my 2003 Corolla. I want to spend between $25,000 and $30,000 on an entry-level (used with low mileage) luxury car. I've looked at the Acura TL and Lexus IS. Is one better than the other? Any others I should consider?

Go with the Acura TL. Best bang for the buck.

The Genesis coupe is much more a Camaro than it is a Genesis.

If you had to choose between getting a Genesis coupe or a Camaro, which would you pick and why?

The Genesis coupe is much more a Camaro than it is a Genesis — a member of Hyundai's new luxury group. Better still, the Genesis coupe is the best Tiburon coupe Hyundai ever made. But it doesn't beat the Camaro. Drive both. You'll see what I mean. My hunch is that you'll buy the Camaro.

washingtonpost.com

Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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DOES ALASKA GOV. SARAH PALIN HAVE A POLITICAL FUTURE AFTER RESIGNING?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES	67%
NO	33%

"I would have to say no on this one. If she can't take the heat as a governor of a state such as Alaska, how in the world can she be expected to stand it in Washington?"

COMMENTER NANCY, WHO ADDED, "I THINK SHE WOULD BE BETTER OFF AS A REALITY STAR ON TELEVISION."

"It may be hard to imagine inside the Beltway, but maybe she isn't looking for a political future. Jack Kemp did charitable work after he retired from politics, and it wasn't a stepping-stone for a presidential bid."

COMMENTER BRAD2

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"I DON'T LIKE animals. Honestly, of all my opinions, I have the hardest time sharing this one with folks. The reactions are extreme and never positive. Dogs require more attention than I am willing to give. Cats are 10 times worse."

LEMMONEX.COM HAS VERY LITTLE INCLINATION TOWARD PETS, THOUGH ADDS, "I AM NOT HEARTLESS."

IAN WALDIE/GETTY IMAGES

Blog LOG

"IN ALL FAIRNESS, I feel bad for her because she didn't do it on purpose, and I'm sure she felt horrible. It's not like millions of Americans don't record themselves doing these things."

UDOTHEDISHES.COM ADMITS SHE LAUGHED BUT STILL FELT BAD FOR THE TEACHER WHO ACCIDENTALLY GAVE HER STUDENTS A SEX TAPE OF HERS.

"Last Friday I received 28 phone books. [Why did it] not occur to the person delivering the, I don't know, 12th book to ask himself/herself, 'Is this reasonable?'"

WUSA9.COM/LIFE/COMMUNITY, WUSA-9 WEATHER ANCHOR TOPPER SHUTT WONDERS WHY MAIL CARRIERS CAN'T FIGURE OUT THAT PHONE BOOKS DESTINED FOR HOWARD UNIVERSITY DO NOT BELONG AT HIS HOUSE.

"IT'S HARD TO UNDERSTAND the role of Robert McNamara and feelings toward him, particularly during the Johnson administration, but if you think 'Dick Cheney during the Bush years' and multiply, you'll come closest."

DONTGELYET.TYPEPAD.COM CONSIDERS THE FORMER U.S. SECRETARY OF DEFENSE A DISGRACE FOR HIS ROLE IN THE VIETNAM WAR.

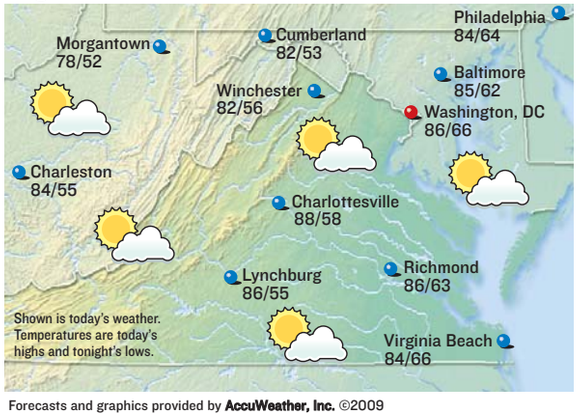
"The more I watch these Sunday morning political shows, the more I wonder what separates me intellectually from these talking heads propped up as 'experts.'"

AVERAGEBRO.COM HAS A PARTICULAR DISDAIN FOR BILL KRISTOL, EDITOR OF THE WEEKLY STANDARD AND CONTRIBUTOR TO THE NEW YORK TIMES, AFTER SEEING HIM ON FOX NEWS SUNDAY.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Partly cloudy	Partly sunny	Partly sunny	Mostly sunny	Partly sunny, a thunderstorm; humid
86°	66°	86° / 64°	84° / 69°	89° / 74°	90° / 73°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	85°
Low	63°
Normal high	88°
Normal low	69°
Average humidity	49%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.12"
Normal month to date	0.67"
Year to date	23.25"
Last year to date	28.85"
Normal year to date	19.83"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

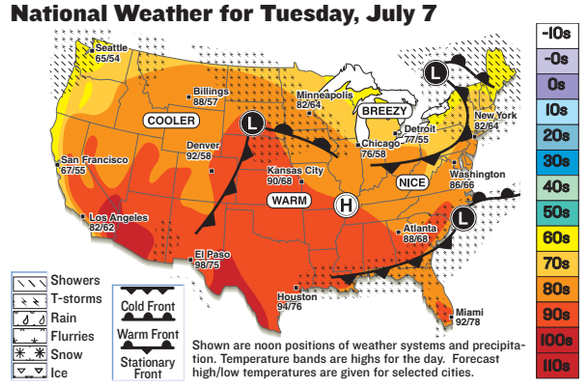
D.C. Metro: Today, mostly sunny. High 86. Wind west-northwest 6-12 mph. Tonight, partly cloudy. Low 66. Wind west 4-8 mph. Wednesday, partly sunny.

Sun and Moon

Sunrise today	5:50 a.m.
Sunset tonight	8:36 p.m.
Moonrise today	9:01 p.m.
Moonset today	5:51 a.m.

Full	Last	New	First
July 7	July 15	July 21	July 28

National Weather for Tuesday, July 7



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	88/68/s	87/70/pc
Boston	73/59/t	73/59/t
Chicago	76/58/t	76/66/t
Dallas	96/74/pc	98/77/pc
Denver	92/58/pc	95/60/s
Honolulu	88/75/pc	88/76/s
Los Angeles	82/62/pc	82/62/pc
Miami	92/78/pc	92/79/t
New York City	82/64/t	81/65/pc
Orlando	89/73/t	92/73/t
Seattle	65/54/c	68/53/c

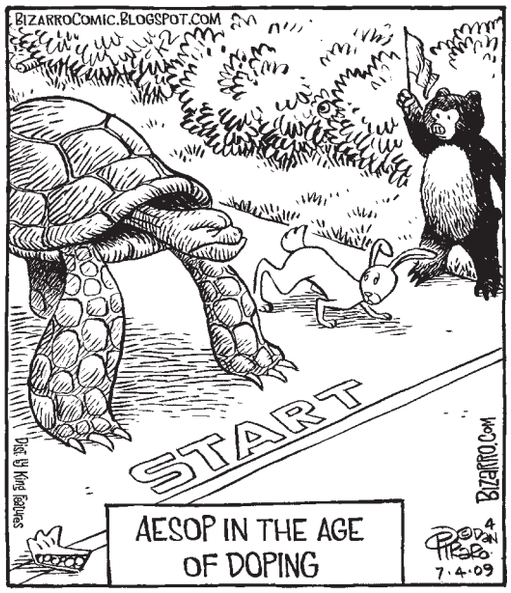
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	66/54/sh	64/52/c
Athens	88/72/s	93/76/s
Berlin	74/57/sh	68/54/r
Buenos Aires	61/41/pc	52/37/pc
Calgary	64/46/t	64/46/t
Dublin	64/52/sh	63/50/pc
Geneva	73/54/t	69/52/t
Moscow	68/46/pc	73/54/pc
Rome	85/66/s	83/63/s
Sydney	61/47/pc	61/48/sh
Tokyo	86/74/pc	82/73/r

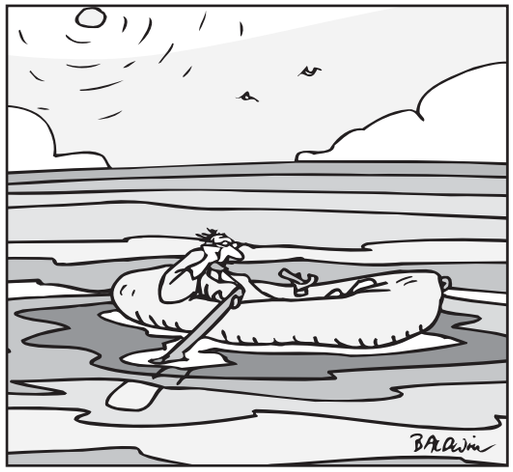
s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

comics lookout

Bizarro | *Dan Piraro*

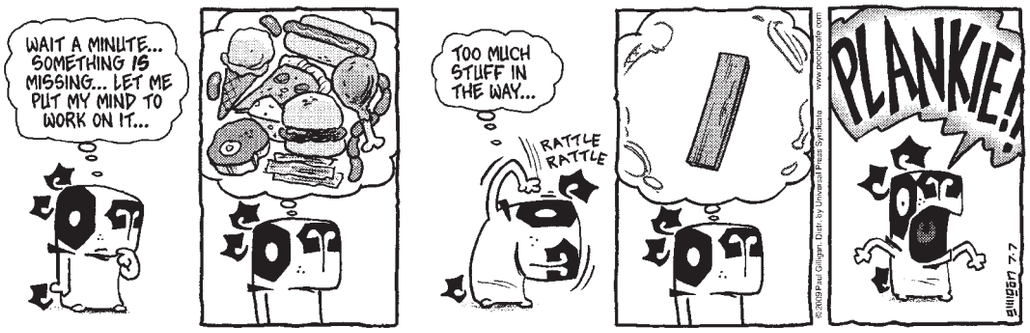


Cornered | *Mike Baldwin*



"Thank you for calling the Coast Guard help line. To sink, press one. To swim, press two…"

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*

The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

CANCER (June 21-July 22) You may find yourself waiting on another before you can get started. Take the time to make sure that all preparations are in order.

LEO (July 23-Aug. 22) You can provide much that someone else needs to make a pet project come off without a hitch. Later on, focus on something that you need.

VIRGO (Aug. 23-Sept. 22) You may have some difficulty in getting something done that is usually quite routine. Have you been taking care of yourself lately?

LIBRA (Sept. 23-Oct. 22) Now is the time to tend to all those details that may have been overlooked in the recent past. Many will benefit as a result.

SCORPIO (Oct. 23-Nov. 21) You have what it takes to make something rather special for someone who has come to you for help and guidance. Your expertise will shine.

SAGITTARIUS (Nov. 22-Dec. 21) Once you get started, you're not likely to stop until you can score a major victory. This is only the beginning, however.

CAPRICORN (Dec. 22-Jan. 19) Any extra time you have on your hands can be used in a productive fashion — provided you're organized and know how long things take.

AQUARIUS (Jan. 20-Feb. 18) You may find yourself guessing a great deal, but past experience will serve you well as you try to put the numbers together.

PISCES (Feb. 19-March 20) You can make a significant change in the way things are done on a daily basis, but it may be difficult to get others on board at first.

ARIES (March 21-April 19) Time spent making things more organized as you prepare for a coming effort is time well spent. Please yourself, please others.

TAURUS (April 20-May 20) You don't want to find yourself racing against the clock, so anything you can do in preparation will be of significant aid.

GEMINI (May 21-June 20) There's no such thing as a sure thing — especially where your money is concerned. Don't put all your eggs in one basket.

Today in History

1865 Four people are hanged in Washington, D.C., for conspiring with John Wilkes Booth to assassinate President Abraham Lincoln.

1981 President Ronald Reagan announces he is nominating Arizona Judge Sandra Day O'Connor to become the first female justice on the U.S. Supreme Court.

1999 In the first class-action lawsuit by smokers to go to trial, a jury in Miami holds cigarette makers liable for making a defective product that caused emphysema, lung cancer and other illnesses.

2004 Former Enron chairman Kenneth Lay is indicted on criminal charges related to the energy company's collapse.

2005 Suicide terrorist bombings in three Underground stations and a double-decker bus kill 52 people and four bombers in the worst attack on London since World War II.

AP

Rescue workers tend to the scene of the Underground bombings on July 7, 2005.

2008 President George W. Bush meets Russian President Dmitry Medvedev for the first time, at the G8 summit in Hokkaido, Japan.

PostPoints DAILY CODE D I

lookout people

DAN STEINBERG/AP

Behold, Bruce Willis' face grafted onto the body of a 20-year-old woman!

JOBS

Dad Wins Golf Game Against CW Casting Exec

A spokeswoman for the CW network says **RUMER WILLIS** will appear next season on "90210." The 20-year-old daughter of Bruce Willis and Demi Moore will guest-star in one episode as "a punky, cute lesbian who isn't afraid to speak her mind." (AP)

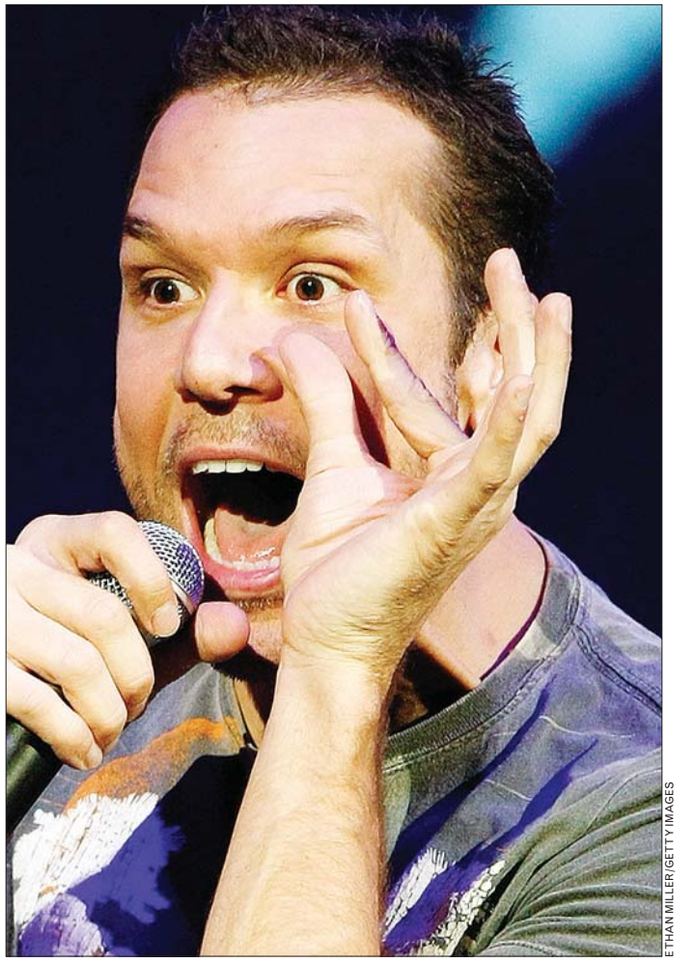
SUBTEXT

Paula Outwardly Hints At Inner Desperation

PAULA ABDUL says she's optimistic about remaining as an "American Idol" judge and says the show has invited her back for a ninth season and beyond — subject to the negotiation of a new contract. The singer-dancer says she hopes a deal can be arranged. (AP)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



ETHAN MILLER/GETTY IMAGES

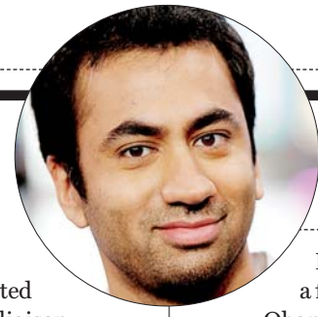
HALF SIBLINGS

It Only Gets Worse

DANE COOK's half brother has been indicted on additional charges that he stole more than $11 million from Cook. Darryl McCauley, 43, of Wilmington, Mass., allegedly wrote company checks to himself and transferred funds into his personal bank accounts while being paid $12,500 a month to serve as business manager for Cook's company, Great Dane Enterprises. (EXPRESS)

MILESTONES

The Last Time You'll See Kal Penn On This Page



We don't cover White House staff on the People page.

KAL PENN has started his new job as a liaison between the White House and Asian communities. The actor had a recurring role on "House" and starred in several films including "Harold & Kumar Go to White Castle." On Monday, he became an associate director in the Office of Public Liaison, with a focus on connecting Obama with the Asian-American and Pacific Islander communities, and arts groups. Penn says the new job has nothing to do with his life as an actor and he expects to be treated the same as any other White House staffer. (AP)

CHRIS PIZZELLO/AP

Every small-town Methodist wedding needs a quarter-million in gemstones.

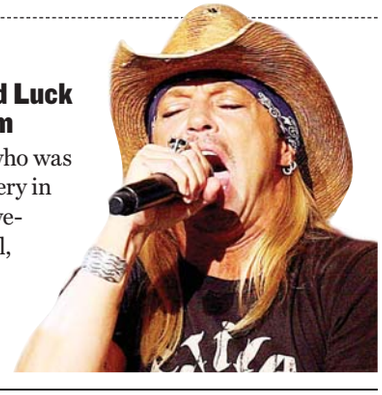
PRIORITIES

Unlike Marriage, Diamonds Are Forever

"American Idol" judge **KARA DIOGUARDI** married general contractor Mike McCuddy in Prospect Harbor, Maine, on Sunday, People.com reported. A representative for DioGuardi confirmed that the pair wed in a Methodist church and that the bride wore a Vera Wang dress, plus $250,000 in diamonds and other gems. (EXPRESS)

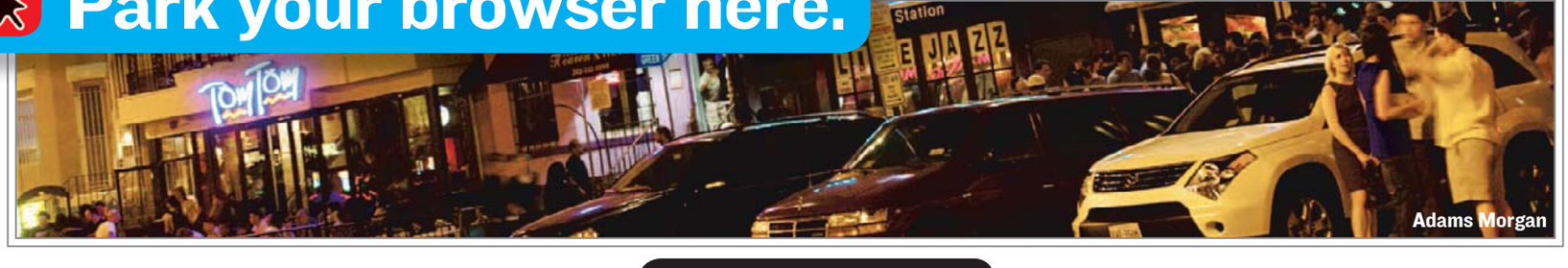
CAREER

Michaels Hires Injury, Bad Luck As His New Publicity Team



Poison singer **BRET MICHAELS**, who was wounded by Tony Awards scenery in early June, was involved in a five-car pileup on his way to St. Paul, Minn., People.com reported. Michaels' bus was struck by an out-of-control car. No one was injured in the wreck. (EXPRESS)

Park your browser here.



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Look for site highlights in today's Express.

XXI72 5x3

puzzles lookout

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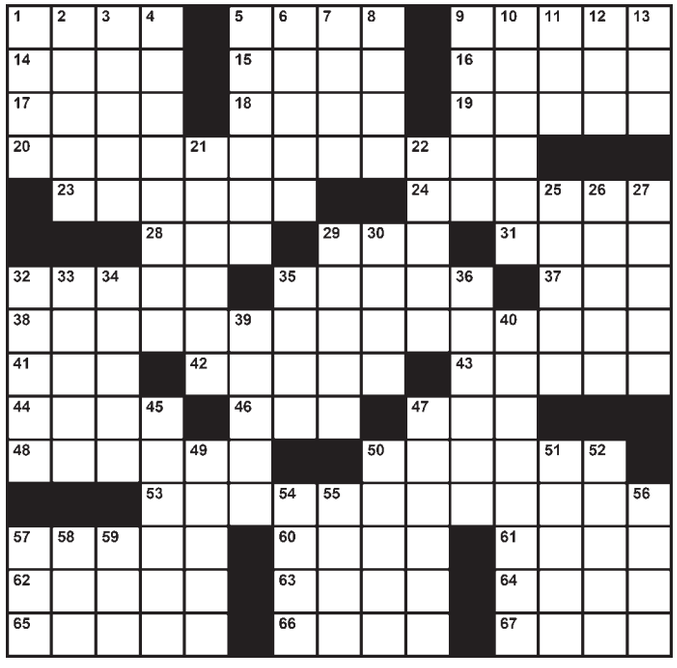
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Gloom's partner
5 Lab-culture medium
9 Donkey sounds
14 "Assuming that's true"
15 Forearm bone
16 Place for Don McLean's Chevy
17 April forecast
18 Typically messy eaters
19 Hapless
20 Type of quest
23 Of very poor quality
24 Subject to legal damages
28 Beat a retreat
29 A discouraging word
31 Bestial hideaway
32 Cheerless, to the bard
35 Grand Canyon beast
37 Asian capital?
38 Subject for Adam Smith
41 "jawbone of an ___" (Judges 15:16)
42 Attendance capacity
43 "In God we ___"
44 Bagpipe part
46 Bride's title
47 ___ excellence
48 Felt for Bogie?
50 Ill-considered
53 Some majestic birds
57 Certain African tribe member
60 A shade of beige
61 Air
62 Lusitania sinker
63 A trip can be taken on it
64 "Just a little off the top" at the barber's
65 "Gunsmoke" setting
66 Mat activity
67 "En garde" weapon

DOWN
1 Grass roots stuff?
2 Joan ____
3 Willow twig used in basketry
4 Like some old records
5 Foliage tour time
6 "Mine eyes have seen the ___"
7 A few chips in the pot, maybe
8 Hasty
9 Russian crepes
10 Car for a day, e.g.
11 Hail, to Caesar
12 "Uh-huh!"
13 You'll see it onstage
21 Intelligence, slangily
22 Prefix meaning "extremely"
25 Crawfish's home
26 Financing encumbrances
27 Accounting giant ___ & Young
29 Certain Massachusetts university
30 Buffet table items
32 "Heigh-Ho" singer
33 Sit through again, as a film
34 Lowered, as pressure
35 Animal that slayed Adonis
36 Canada's capital
39 Pertaining to blood
40 Water, in a way
45 Army identification
47 The soul
49 A way with numbers?
50 Disassemble
51 Drink impolitely
52 Almost too coincidental
54 Like early morning grass
55 Alpine bounceback
56 "___ difference!"
57 Unopened flower
58 Actress Olivia d'___
59 "Go ahead" signal

Yesterday's Solution

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

7			8		5			
				6		8	4	
						3		2
6			9				5	
1		4				6		8
	3				8			4
2		1						
	5	3		9				
			5		2			6

Yesterday's Solution

6	5	3	8	2	7	4	1	9
2	8	7	1	4	9	3	6	5
9	1	4	6	3	5	7	2	8
7	6	1	5	9	2	8	4	3
4	9	2	7	8	3	1	5	6
5	3	8	4	6	1	9	7	2
3	2	6	9	1	4	5	8	7
8	4	5	3	7	6	2	9	1
1	7	9	2	5	8	6	3	4

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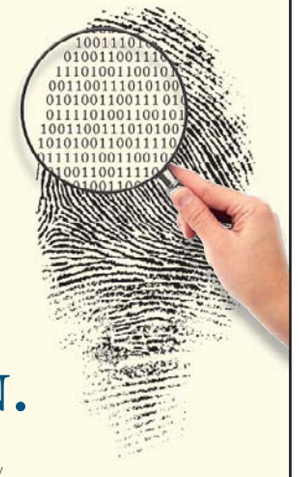

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